

Workout #1157 - Monday, 08 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12x{1 x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
	1x{6 x 75 on 1:35 Kick	EN2	
	{5 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
175	7 x 25 on :40 Sprint kick	EN2	
	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{4 x 100 on 1:25 Lungbuster pulls	EN1	
	{5 x 100 on 1:20 Lungbuster pulls	EN1	
200	8 x 25 on :30 IM order-build	EN1	
2,000	5 x 400 on 5:00 Freestyle	EN2	
300	12 x 25 on :25 IM order	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:42 PM 6,500 Yards - Stress Value = 91		

Workout #1156 - Monday, 08 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{3 x 150 on 3:00 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 3:00 Kick for time	EN2	
1,100	2x{2 x 200 on 2:45 Pulls	EN1	
	{3 x 50 on 1:00 Pulls only 4 brths	EN1	
450	3x{1 x 50 on :50 Freestyle 2 beat kck	EN1	
	{1 x 50 on :50 Freestyle 4 beat kck	EN1	
	{1 x 50 on :50 Freestyle 6 beat kck	EN1	
3,800	1x{3 x 300 on 3:45 Freestyle	EN2	
	{2 x 300 on 3:40 Freestyle	EN2	
	{1 x 300 on 3:35 Freestyle	EN2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 300 on 3:35 Freestyle	EN2	
	{2 x 300 on 3:30 Freestyle	EN2	
	{3 x 300 on 3:25 Freestyle	EN2	
200	1 x 200 on 3:00 Freestyle	REC	
	5:31 PM 7,530 Yards - Stress Value = 116		

Workout #1160 - Tuesday, 09 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
825	12x{1 x 15 on :00 Butterfly	SP3	
	{1 x 10 on :30 Freestyle	REC	
	1x{6 x 50 on 1:05 Kick des in sets of3	EN2	
	{6 x 50 on 1:00 Kick des in sets of3	EN2	
	{6 x 50 on :55 Kick des in sets of3	EN2	
	1x{5 x 75 on 1:10 Pulls L.25 4 brths	EN1	
	{5 x 75 on 1:05 Pulls L. 25 2 brths	EN1	
	{4 x 75 on 1:00 Pulls L. 25 3 brths	EN1	
250	10 x 25 on :25 Freestyle 4 or 6	EN1	
	beat kick		
	4x{3 x 150 on 2:15 Backstroke	EN2	
	{4 x 50 on 1:00 Backstroke-100%	EN3	

300 6 x 50 on 1:00 Stroke Drills REC
 1 on 30:00 Stomach and Stretch
 6:26 PM 6,225 Yards - Stress Value = 122

Workout #1158 - Tuesday, 09 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	1 on 25:00 Weights			L DRY
600	1 x 600 on 10:00 Stroke Drills	REC		D CHC
	10x{1 x 15 on :00 Backstroke	SP3		S BF
	{1 x 10 on :30 Freestyle	REC		S FF
	1x{1 x 500 on 6:15 Pulls	EN1		P FF
	{1 x 400 on 5:00 Pulls	EN1		P FF
	{1 x 300 on 3:45 Pulls	EN1		P FF
	{1 x 200 on 2:30 Pulls	EN1		P FF
	{1 x 100 on 1:15 Pulls	EN1		P FF
	1x{3 x 200 on 3:30 Breaststroke	EN2		S BF
	{3 x 150 on 2:35 Breaststroke	EN2		S BF
	{3 x 100 on 1:40 Breaststroke	EN2		S BF
	{1 x 300 on 4:30 Stroke Drills	REC		D CI
	7:00 AM 4,000 Yards - Stress Value = 48			

Workout #1159 - Tuesday, 09 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 10:00 Stroke Drills	REC	
150	10 x 15 on :30 Shooters	SP3	
800	8 x 100 on 1:50 Kick des in sets of4	EN2	
	1x{2 x 200 on 2:50 Pulls	EN1	
	{2 x 225 on 3:10 Pulls	EN1	
	{2 x 250 on 3:30 Pulls	EN1	
900	9 x 100 on 1:30 Descend in sets of 3	EN2	
	1x{6 x 100 on 1:35 Backstroke	EN2	
	{5 x 100 on 1:30 Backstroke	EN2	
	{4 x 100 on 1:25 Backstroke	EN2	
	{3 x 100 on 1:20 Backstroke	EN2	
100	4 x 25 on :00 Off the blocks	EN1	
300	1 x 300 on 4:30 Stroke Drills	REC	
	1 on 10:00 Techniques-relay srt		
	5:41 PM 6,000 Yards - Stress Value = 90		

Workout #1165 - Wednesday, 10 January 2001

5:31 PM 7,280 Yards - Stress Value = 104

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
800	1 on 30:00 Stomach and Stretch	I	I
150	1 x 800 on 15:00 Reverse IM drill	REC	I
	10 x 15 on :30 Shooters	SP3	£
	1x{4 x 25 on :40 Sprint kick	EN2	F
	{2 x 100 on 2:00 Kick	EN2	F
	{4 x 25 on :40 Sprint kick	EN2	F
	{2 x 100 on 1:50 Kick	EN2	F
	{4 x 25 on :40 Sprint kick	EN2	F
	{2 x 100 on 1:40 Kick	EN2	F
	{4 x 25 on :40 Sprint kick	EN2	F
	1x{2 x 400 on 5:30 Pulls	EN1	F
	{1 x 400 on 5:15 Pulls	EN1	F
	{4 x 100 on 1:15 Pulls	EN1	F
300	1 x 300 on 5:00 Every 3rd lap your stroke fast	EN1	£
	2x{2 x 200 on 3:30 Breaststroke	EN2	£
	{4 x 50 on 1:00 25 under H20 25 fast	EN2	£
	{2 x 100 on 1:45 Breaststroke	EN2	£
	{4 x 50 on 1:00 25 under H20 25 fast	EN2	£
400	8 x 50 on 1:00 Stroke Drills	REC	I
7:45 PM 6,250 Yards - Stress Value = 85			

Workout #1162 - Wednesday, 10 January 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 30:00 Team meeting/dryland		
180	1 x 800 on 14:00 Reverse IM drill	REC	
	12 x 15 on :30 Shooters	SP3	
	1x{2 x 200 on 4:00 Kick	EN2	
	{2 x 200 on 3:45 Kick	EN2	
	{2 x 200 on 3:30 Kick	EN2	
	1x{4 x 150 on 2:15 Pulls last 50 6 brth	EN1	
	{4 x 150 on 2:15 Pulls last 50 5 brth	EN1	
	{4 x 150 on 2:15 Pulls last 50 4 brth	EN1	
500	10 x 50 on :50 25 stroke 25 free	EN1	
	1x{4 x 125 on 2:00 100 free 25 stroke	EN2	
	{4 x 125 on 2:00 75 free 50 stroke	EN2	
	{4 x 125 on 2:00 50 free 75 stroke	EN2	
	{4 x 125 on 2:00 25 free 100 stroke	EN2	
300	1 x 300 on 4:00 Stroke Drills	REC	
5:31 PM 6,780 Yards - Stress Value = 94			

Workout #1163 - Wednesday, 10 January 2001

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 30:00 Team meeting/dryland		
180	1 x 800 on 14:00 Reverse IM drill	REC	
1,200	12 x 15 on :30 Shooters	SP3	
	1x{2 x 200 on 4:00 Kick	EN2	
	{2 x 200 on 3:45 Kick	EN2	
	{2 x 200 on 3:30 Kick	EN2	
1,800	1x{4 x 150 on 2:15 Pulls last 50 6 brth	EN1	
	{4 x 150 on 2:15 Pulls last 50 5 brth	EN1	
	{4 x 150 on 2:15 Pulls last 50 4 brth	EN1	
500	10 x 50 on :50 25 stroke 25 free	EN1	
1,800	2x{2 x 200 on 3:20 Breaststroke	EN2	
	{3 x 100 on 1:50 Breaststroke-descend	EN2	
	{4 x 50 on 1:00 25 under H20 25 fast	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
5:31 PM 6,480 Yards - Stress Value = 90			

Workout #1164 - Wednesday, 10 January 2001

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 30:00 Team meeting/dryland		
180	1 x 800 on 14:00 Reverse IM drill	REC	
1,200	12 x 15 on :30 Shooters	SP3	
	1x{2 x 200 on 4:00 Kick	EN2	
	{2 x 200 on 3:45 Kick	EN2	
	{2 x 200 on 3:30 Kick	EN2	
1,800	1x{4 x 150 on 2:15 Pulls last 50 6 brth	EN1	
	{4 x 150 on 2:15 Pulls last 50 5 brth	EN1	
	{4 x 150 on 2:15 Pulls last 50 4 brth	EN1	
500	10 x 50 on :50 25 stroke 25 free	EN1	
1,800	2x{6 x 100 on 1:30 Descend in sets of 3	EN2	
	{12 x 25 on :30 Freestyle-Evens all	EN2	
	{ out with only 2 brth		
300	1 x 300 on 5:00 Stroke Drills	REC	
5:30 PM 6,580 Yards - Stress Value = 90			

Workout #1161 - Wednesday, 10 January 2001

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 30:00 Team meeting/dryland		
180	1 x 800 on 14:00 Reverse IM drill	REC	
1,200	12 x 15 on :30 Shooters	SP3	
	1x{2 x 200 on 4:00 Kick	EN2	
	{2 x 200 on 3:45 Kick	EN2	
	{2 x 200 on 3:30 Kick	EN2	
1,800	1x{4 x 150 on 2:15 Pulls last 50 6 brth	EN1	
	{4 x 150 on 2:15 Pulls last 50 5 brth	EN1	
	{4 x 150 on 2:15 Pulls last 50 4 brth	EN1	
500	10 x 50 on :50 25 stroke 25 free	EN1	
2,500	1x{1 x 1000 on 12:30 Freestyle	EN2	
	{2 x 500 on 6:00 Freestyle	EN2	
	{5 x 100 on 1:10 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	

Workout #1168 - Thursday, 11 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Pit sprints	SP3	
	1 on 8:00 Techniques-STARTS		
3x{6	x 50 on 1:00 Descend in sets of 3	EN2	
	{1 x 100 on 2:00 Kick FOR TIME	EN2	
1x{1	x 500 on 7:05 Pulls	EN1	
	{1 x 400 on 5:30 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
	{1 x 200 on 2:35 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN1	
200	8 x 25 on :30 IM order-build	EN1	
3x{1	x 50 on :00 Freestyle	SP2	
	{1 x 50 on 2:00 Freestyle	REC	
	{1 x 75 on :00 Freestyle	SP2	
	{1 x 75 on 3:00 Freestyle	REC	
	{1 x 100 on :00 Freestyle	SP2	
	{1 x 100 on 4:00 Freestyle	REC	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM 5,685 Yards - Stress Value = 116		

Workout #1169 - Friday, 12 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	S
210	14 x 15 on :30 Cross pool sprints	SP3	S
	1x{2 x 100 on 1:45 Pulls	EN1	F
	{2 x 100 on 1:40 Pulls	EN1	F
	{2 x 100 on 1:35 Pulls	EN1	F
	{2 x 100 on 1:30 Pulls	EN1	F
	{2 x 100 on 1:25 Pulls	EN1	F
	{2 x 100 on 1:20 Pulls	EN1	F
	{ No breath last 25		
	1x{3 x 150 on 2:30 100 fly 50 back	EN1	S
	{3 x 150 on 2:30 100 back 50 breast	EN1	S
	{3 x 150 on 2:30 100 breast 50 free	EN1	S
	{3 x 150 on 2:30 100 free 50 fly	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	6:31 AM 4,035 Yards - Stress Value = 36		

Workout #1172 - Friday, 12 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 15:00 Dryland and stretch		L
500	1 x 500 on 10:00 Sculling drills		D
180	12 x 15 on :30 Pit sprints	SP3	S
1,000	1 x 1000 on 20:00 Vertical Kicking	EN2	K
	1 on 10:00 Techniques-relay str		D
1,000	10 x 100 on 1:30 Descend in sets of 3	EN2	S
	hold 10 as fast as 9		
1,000	1 x 1000 on 30:00 Killer Relays	SP1	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	6:59 PM 4,080 Yards - Stress Value = 127		

Workout #1170 - Friday, 12 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
600	1 x 600 on 10:00 Choice	REC	S	CHO
	12x{1 x 15 on :00 Choice	SP3	S	CHO
	{1 x 10 on :30 Freestyle	REC	S	FR
	1x{3 x 300 on 4:30 Pulls	EN1	P	FR
	{3 x 300 on 4:00 Freestyle	EN1	S	FR
	{3 x 200 on 3:00 Pulls	EN1	P	FR
	{3 x 200 on 2:40 Freestyle	EN1	S	FR
	{3 x 100 on 1:30 Pulls	EN1	P	FR
	{3 x 100 on 1:20 Freestyle	EN1	S	FR
	{3 x 50 on :45 Pulls	EN1	P	FR
	{3 x 50 on :40 Freestyle	EN1	S	FR
600	6 x 100 on 1:15 Freestyle	EN2	S	FR
	choose your interval			
	as fast as you can			
	make it			
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	7:00 AM 5,700 Yards - Stress Value = 59			

Workout #1166 - Thursday, 11 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PF
	1 on 25:00 Weights			L	DRY
600	1 x 600 on 10:00 Choice	REC	S	CHO	1:
10x{1	x 15 on :00 Breaststroke	SP3	S	BR	0:
	{1 x 10 on :30 Freestyle	REC	S	FR	5:
	1x{6 x 75 on 1:10 Pulls	EN1	P	FR	1:
	{6 x 75 on 1:05 Pulls	EN1	P	FR	1:
	{6 x 50 on :45 Pulls	EN1	P	FR	1:
	{6 x 50 on :40 Pulls	EN1	P	FR	1:
2,000	5 x 400 on 5:00 Freestyle	EN2	S	FR	1:
	last one do drill				
	7:00 AM 4,350 Yards - Stress Value = 60				

Workout #1167 - Thursday, 11 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 400 skps 400 rev IMD	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,800	2x{3 x 200 on 2:45 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
450	9 x 50 on :45 Freestyle	EN1	
2,250	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 50 on 1:00 Your Stroke	EN1	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 50 on 1:00 Your Stroke	EN1	
	{3 x 200 on 2:20 Freestyle	EN2	
	{3 x 50 on 1:00 Your Stroke	EN1	
400	1 x 400 on 6:00 Stroke Drills	REC	
	5:31 PM 7,080 Yards - Stress Value = 95		

Workout #1171 - Friday, 12 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
1,050	21 x 50 on 1:00 Kick	EN2	
	Descend in sets of 3		
1,050	14 x 75 on 1:05 Pulls odds br 5-7-9 evens br 4-6-8	EN1	
	6x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 12:00 Run the Guantlet!!!!		
4:59 PM	4,350 Yards - Stress Value = 61		

Yards	Set Description	EGY	WOF
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 15:00 Techniques-free trns		
1x{3 x 125 on 2:00 Pulls L. 25 3 brths		EN1	
{3 x 125 on 1:55 Pulls L. 25 2 brths		EN1	
{3 x 125 on 1:50 Pulls L. 25 1 brth		EN1	
{1 x 100 on 1:25 Pulls L. 25 0 brths		EN1	
300	12 x 25 on :30 IM order-build	EN1	
1x{3 x 250 on 3:30 Freestyle		EN2	
{2 x 250 on 3:25 Freestyle		EN2	
{1 x 250 on 3:20 Freestyle		EN2	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 15:00 Techniques-relay str		
9:43 AM	4,005 Yards - Stress Value = 53		

Workout #1176 - Monday, 15 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
2:00 PM	Start		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
2x{1 x 100 on 2:00 Kick		EN1	
{1 x 100 on 1:50 Kick		EN2	
{1 x 100 on 2:00 Kick		EN2	
{1 x 100 on 1:40 Kick		EN2	
1x{2 x 150 on 2:15 Pulls		EN1	
{2 x 150 on 2:10 Pulls		EN1	
{2 x 150 on 2:05 Pulls		EN1	
300	6 x 50 on 1:00 25 free 25 stroke	EN1	
1x{2 x 300 on 4:00 Freestyle		EN2	
{2 x 300 on 3:55 Freestyle		EN2	
{2 x 300 on 3:50 Freestyle		EN2	
{1 x 300 on 3:45 Freestyle		EN2	
{4 x 50 on 1:00 Stroke Drills		REC	
	1 on 10:00 Techniques-relay str		
4:06 PM	5,080 Yards - Stress Value = 75		

Workout #1174 - Saturday, 13 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
8:30 AM	Start		
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Backstroke-under H2O	SP3	
8x{1 x 75 on 1:30 Kick		EN3	
{1 x 75 on 1:20 Kick		EN2	
1x{4 x 250 on 3:45 Pulls		EN1	
{3 x 250 on 3:35 Pulls		EN1	
{2 x 250 on 3:25 Pulls		EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
1,200	16 x 75 on 1:30 Freestyle	EN3	
400	1 x 400 on 6:00 Stroke Drills	REC	
11:01 AM	6,455 Yards - Stress Value = 154		

Workout #1173 - Saturday, 13 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	W
6:00 AM	Start		
	1 on 25:00 Weights		
1,000	1 x 1000 on 18:00 Swim-kick-drill swim kick w/out a board	REC	
12x{1 x 15 on :00 Freestyle		SP3	
{1 x 10 on :30 Freestyle		REC	
1x{3 x 125 on 2:30 Kick		EN2	
{3 x 125 on 2:25 Kick		EN2	
{3 x 125 on 2:20 Kick		EN2	
{1 x 125 on 2:15 Kick		EN2	
1x{5 x 100 on 1:20 Pulls		EN1	
{4 x 100 on 1:15 Pulls		EN1	
{3 x 100 on 1:10 Pulls		EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
1,800	12 x 150 on 2:15 Free des in 3's each sets avg should be faster	EN3	
600	24 x 25 on :30 IM order	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
8:30 AM	6,950 Yards - Stress Value = 163		

Workout #1178 - Tuesday, 16 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	W
4:00 PM	Start		
1,025	1 x 1025 on 20:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{3 x 150 on 3:00 Kick		EN2	
{3 x 150 on 2:50 Kick		EN2	
{2 x 150 on 2:40 Kick		EN1	
1,500	12 x 125 on 1:50 Lungbuster pulls br 3-4-5-6-7	EN1	
400	1 x 400 on 7:00 Individual Medley	EN1	
1x{3 x 200 on 2:30 Freestyle		EN2	
{3 x 200 on 2:25 Freestyle		EN2	
{3 x 200 on 2:20 Freestyle		EN2	
600	6 x 100 on 2:00 Stroke Drills	REC	
	1 on 30:00 Stomach and Stretch		
6:28 PM	6,705 Yards - Stress Value = 83		

Workout #1175 - Monday, 15 January 2001

HighSchl - All

1 minute rest between sets

8:00 AM Start

Workout #1177 - Tuesday, 16 January 2001

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STF
	1 on 25:00 Weights		L I	
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S F	
	1x{1 x 800 on 12:00 Freestyle	EN1	P	
	{2 x 400 on 5:30 Pulls	EN1	P	
	1x{6 x 50 on :55 Backstroke	EN1	S	
	{6 x 50 on :45 Backstroke	EN1	S	
	{6 x 50 on :40 Backstroke	EN1	S	
250	10 x 25 on :40 Stroke Drills	REC	D	
	7:01 AM 3,530 Yards - Stress Value = 32			

Workout #1179 - Wednesday, 17 January 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WORK	STF
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	S	
210	14 x 15 on :30 Cross pool sprints	SP3	S	
	1x{9 x 50 on :45 Pulls	EN1	F	
	{7 x 100 on 1:25 Pulls	EN1	F	
	{5 x 150 on 2:00 Pulls	EN1	F	
	1x{1 x 200 on 3:00 Freestyle	EN2	S	
	{2 x 100 on 1:15 Individual Medley	EN2	S	
	{1 x 200 on 2:50 Freestyle	EN2	S	
	{2 x 100 on 1:20 Individual Medley	EN2	S	
	{1 x 200 on 2:40 Freestyle	EN2	S	
	{2 x 100 on 1:25 Individual Medley	EN2	S	
	{1 x 200 on 2:30 Freestyle	EN2	S	
	{2 x 100 on 1:30 Individual Medley	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	I	
	6:29 AM 4,435 Yards - Stress Value = 59			

Workout #1181 - Wednesday, 17 January 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch		L	
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	2 on each stroke			
	12x{1 x 15 on :00 Butterfly	SP3	S	
	{1 x 10 on :30 Freestyle	REC	S	
	1x{4 x 100 on 1:50 Kick	EN2	K	
	{4 x 100 on 1:45 Kick	EN2	K	
	{4 x 100 on 1:40 Kick	EN2	K	
	1x{7 x 50 on :50 Pulls	EN1	P	
	{7 x 50 on :45 Pulls	EN1	P	
	{7 x 50 on :40 Pulls	EN1	P	
300	3 x 100 on 1:30 Freestyle-descend	EN1	S	
	1x{1 x 200 on 3:15 Backstroke	EN2	S	
	{1 x 200 on 3:05 Backstroke	EN2	S	
	{1 x 200 on 2:55 Backstroke	EN2	S	
	{6 x 50 on 1:00 Backstroke-100%	EN3	S	
	{1 x 150 on 2:15 Backstroke	EN2	S	
	{1 x 150 on 2:10 Backstroke	EN2	S	
	{1 x 150 on 2:00 Backstroke	EN2	S	
	{6 x 50 on 1:00 Backstroke-100%	EN3	S	
	{1 x 100 on 1:25 Backstroke	EN2	S	
	{1 x 100 on 1:20 Backstroke	EN2	S	
	{1 x 100 on 1:15 Backstroke	EN2	S	
	{6 x 50 on 1:00 Backstroke-100%	EN3	S	
600	12 x 50 on 1:00 Stroke Drills	REC	D	

7:45 PM 6,500 Yards - Stress Value = 127

Workout #1180 - Wednesday, 17 January 2001

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch		L	DRY
800	8 x 100 on 2:00 Stroke Drills	REC	D	IM
	2 on each stroke			
180	12 x 15 on :30 Shooters	SP3	S	BF
	1 on 10:00 Techniques-free trns		D	FF
	1x{3 x 100 on 2:00 Kick	EN2	K	CHC
	{3 x 75 on 1:30 Kick	EN2	K	CHC
	{3 x 50 on 1:00 Kick	EN2	K	CHC
	{3 x 25 on :30 Kick	EN2	K	CHC
	{ descend all sets			
	1x{2 x 150 on 2:15 Pulls	EN1	P	FF
	{2 x 150 on 1:55 Pulls	EN1	P	FF
	{2 x 150 on 2:05 Pulls	EN1	P	FF
	{ br 3-5-7 by the 50			
	6x{2 x 100 on 1:30 Your Stroke	EN1	S	STF
	{2 x 50 on 1:00 Stroke Drills	REC	D	STF
	1 on 15:00 Techniques-relay str		D	
	5:19 PM 4,430 Yards - Stress Value = 43			

Workout #1185 - Thursday, 18 January 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch			
800	1 x 800 on 15:00 Reverse IM drill	REC		
	1 on 9:00 Techniques-turns			
	2x{1 x 100 on 2:00 Kick	EN2		
	{1 x 100 on 1:55 Kick	EN2		
	{1 x 100 on 1:50 Kick	EN2		
	{1 x 100 on 1:45 Kick	EN2		
	{1 x 100 on 1:40 Kick	EN2		
	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1		
	{5 x 50 on :55 Pulls-nbbf&w	EN1		
	{5 x 50 on :50 Pulls-nbbf&w	EN1		
	{5 x 50 on :45 Pulls-nbbf&w	EN1		
300	1 x 300 on 4:30 Every 3rd lap stroke	EN1		
	1x{4 x 100 on 1:50 Breaststroke	EN1		
	{4 x 25 on :45 Breast odds OTB	EN2		
	{4 x 100 on 1:45 Breaststroke	EN2		
	{4 x 25 on :45 Breast odds OTB	EN2		
	{4 x 100 on 1:40 Breaststroke	EN2		
	{4 x 25 on :45 Breast odds OTB	EN2		
	{4 x 100 on 1:35 Breaststroke	EN2		
	{4 x 25 on :45 Breast odds OTB	EN2		
	{4 x 100 on 1:30 Breaststroke	EN2		
200	1 x 200 on 3:00 Stroke Drills	REC		
	7:45 PM 5,700 Yards - Stress Value = 75			

Workout #1182 - Thursday, 18 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
	1 on 25:00 Weights		L	I
400	1 x 400 on 8:00 Choice	REC	D	C
180	12 x 15 on :30 Shooters	SP3	S	
	1x{4 x 100 on 1:35 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	P	
	{2 x 100 on 1:25 Lungbuster pulls	EN1	P	
700	7 x 100 on 1:35 Individual Medley	EN1	S	
	des in 3's #7all out			
	1x{6 x 25 on :35 Butterfly	EN1	S	F
	{6 x 25 on :30 Backstroke	EN1	S	
	{6 x 25 on :40 Breaststroke	EN1	S	
	{6 x 25 on :25 Freestyle	EN1	S	
250	5 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 5:00 Techniques-relay str		D	
	7:03 AM 3,030 Yards - Stress Value = 31			

Workout #1183 - Thursday, 18 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
	1 on 30:00 Stomach and Stretch		L	I
800	1 x 800 on 15:00 Reverse IM drill		D	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{1 x 150 on 3:00 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 50 on 1:00 Kick	EN2	K	C
	1x{2 x 125 on 1:50 Pulls	EN1	P	
	{2 x 125 on 1:45 Pulls	EN1	P	
	{2 x 125 on 1:40 Pulls	EN1	P	
	1x{3 x 100 on 1:30 Freestyle	EN1	S	
	{4 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:25 Freestyle	EN2	S	
	{6 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:20 Freestyle	EN2	S	
	{8 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:15 Freestyle	EN2	S	
300	{10 x 25 on :30 Breaststroke	EN2	S	
	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 20:00 Techniques-relay str		D	
	5:16 PM 4,530 Yards - Stress Value = 60			

Workout #1184 - Thursday, 18 January 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 15:00 Reverse IM drill		
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 150 on 2:30 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	1x{10 x 150 on 1:50 Pulls	EN1	
300	1 x 300 on 4:30 Every 3rd lap stroke	EN1	
	1x{4 x 100 on 1:10 Freestyle	EN2	
	{4 x 25 on :25 Breaststroke	EN2	
	{4 x 100 on 1:10 Freestyle	EN2	
	{6 x 25 on :25 Breaststroke	EN2	
	{4 x 100 on 1:10 Freestyle	EN2	
	{8 x 25 on :25 Breaststroke	EN2	
	{4 x 100 on 1:10 Freestyle	EN2	

{10 x 25 on :25 Breaststroke EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 5:20 PM 6,880 Yards - Stress Value = 95

Workout #1187 - Friday, 19 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	8:00 AM Start		
	1 on 10:00 Stretching		
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 15:00 Techniques-trns		
	1x{2 x 125 on 1:55 Pulls L. 25 4 brths	EN1	
	{2 x 125 on 1:50 Pulls L. 25 3 brths	EN1	
	{2 x 125 on 1:45 Pulls L. 25 2 brths	EN1	
	1x{1 x 150 on 2:30 100 fly 50 back	EN1	
	{1 x 150 on 2:30 100 back 50 brst	EN1	
	{1 x 150 on 2:30 100 brst 50 free	EN1	
	{1 x 150 on 2:30 100 free 50 fly	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 15:00 Techniques-relay str		
	9:29 AM 2,530 Yards - Stress Value = 21		

Workout #1189 - Friday, 19 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	2:00 PM Start		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 8:00 Techniques-open trns		
	1x{3 x 100 on 2:00 Kick-descend	EN2	
	{3 x 100 on 1:50 Kick-descend	EN2	
	1x{6 x 75 on 1:05 Lungbuster pulls	EN1	
	{4 x 75 on 1:00 Lungbuster pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
	1x{5 x 100 on 1:35 Individual Medley	EN1	
	{4 x 100 on 1:20 Freestyle	EN2	
	{3 x 100 on 1:30 Your Stroke	EN2	
	{2 x 100 on 1:35 #2 stroke	EN2	
	{1 x 100 on 1:40 Your weak stroke	EN2	
	{1 x 400 on 6:00 Stroke Drills	REC	
	4:00 PM 4,530 Yards - Stress Value = 54		

Workout #1186 - Friday, 19 January 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 10:00 Stretching		
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 100 on 2:00 Kick	EN2	
	{3 x 50 on 1:00 Kick no board	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	1x{3 x 125 on 1:50 Pulls	EN1	
	{3 x 125 on 1:45 Pulls	EN1	
	{4 x 125 on 1:40 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	2x{5 x 100 on 1:30 Butterfly	EN2	
	{4 x 75 on 1:05 Butterfly	EN2	
	{3 x 50 on :45 Butterfly	EN2	
	{2 x 25 on :25 Butterfly	EN2	
	{1 x 400 on 5:30 Stroke Drills	REC	
	9:58 AM 6,230 Yards - Stress Value = 81		

Workout #1188 - Friday, 19 January 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 100 on 1:30 Kick with flippers	EN2	
	{3 x 100 on 1:25 Kick with flippers	EN2	
	{2 x 100 on 1:20 Kick with flippers	EN2	
	{1 x 100 on 1:15 Kick with flippers	EN2	
	1x{6 x 75 on 1:05 Pulls	EN1	
	{6 x 75 on 1:00 Pulls	EN1	
	{6 x 50 on :45 Pulls	EN1	
	{6 x 50 on :40 Pulls	EN1	
150	3 x 50 on :45 Freestyle-descend	EN1	
	1x{3 x 100 on 1:30 Individual Medley	EN1	
	{4 x 25 on :25 Butterfly	EN2	
	{3 x 100 on 1:25 Individual Medley	EN2	
	{4 x 25 on :25 Backstroke	EN2	
	{3 x 100 on 1:20 Individual Medley	EN2	
	{4 x 25 on :25 Breaststroke	EN2	
	{3 x 100 on 1:15 Individual Medley	EN2	
	{4 x 25 on :25 Freestyle	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	4:01 PM 5,430 Yards - Stress Value = 72		

Workout #1190 - Saturday, 20 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 15:00 Swim-kick-drill-swim	REC	
	no board		
150	10 x 15 on :30 Cross pool sprints	SP3	
	under h2o dolphin		
	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	

	{ no brst kick on choi		
	1x{1 x 100 on 1:30 Pulls	EN1	
	{3 x 50 on 1:00 Pulls only 5 brths	EN1	
	{2 x 100 on 1:25 Pulls	EN1	
	{3 x 50 on :55 Pulls only 4 brths	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{3 x 50 on :50 Pulls only 3 brths	EN1	
	{4 x 100 on 1:15 Pulls	EN1	
	{3 x 50 on :45 Pulls only 2 brths	EN1	
	12 x 25 on :30 IM order-build	EN1	
	10 x 200 on 3:00 Challenge set!!!!!!	EN3	
	10 x 50 on 1:00 Stroke Drills	REC	
	10:59 AM 6,575 Yards - Stress Value = 171		

Workout #1191 - Monday, 22 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:15 AM Start		
	1 x 425 on 8:00 Stroke Drill	REC	
	14 x 15 on :30 Cross pool sprints	SP3	
	1x{1 x 500 on 7:00 Pulls	EN1	
	{2 x 250 on 3:25 Pulls	EN1	
	{5 x 100 on 1:20 Pulls	EN1	
	1 x 300 on 5:00 Every other 50 your	EN1	
	stroke fast		
	12 x 150 on 2:15 Descend in sets of 3	EN3	
	descend each set		
	1 x 200 on 3:00 Stroke Drills	REC	
	6:31 AM 4,435 Yards - Stress Value = 134		

Workout #1195 - Monday, 22 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:15 PM Start		
	1 on 30:00 Stomach and Stretch		L
	8 x 100 on 2:00 Stroke Drills	REC	D
	odds free evens choi		
	1 on 10:00 Techniques-free trns		D
	1x{4 x 75 on 1:30 Kick	EN2	K
	{4 x 75 on 1:15 Kick	EN2	K
	{4 x 75 on 1:30 Kick	EN2	K
	{4 x 75 on 1:15 Kick	EN2	K
	1x{2 x 200 on 2:50 Pulls	EN1	P
	{2 x 200 on 2:45 Pulls	EN1	P
	{2 x 200 on 2:40 Pulls	EN1	P
	4 x 100 on 1:45 Individual Medley	EN1	S
	1x{1 x 800 on 11:00 Freestyle	EN2	S
	{1 x 800 on 13:00 Individual Medley	EN2	S
	{1 x 800 on 10:00 Freestyle	EN2	S
	5 x 100 on 2:00 Stroke Drills	REC	D
	7:46 PM 6,500 Yards - Stress Value = 88		

Workout #1193 - Monday, 22 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-relay str		
600	12 x 50 on 1:00 Kick-des in 3's	EN2	
1x{1	1 x 200 on 2:45 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 200 on 2:35 Pulls	EN1	
	{1 x 200 on 2:30 Pulls	EN1	
1,600	4 x 400 on 5:30 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Techniques-relay str		
4:58 PM	4,030 Yards - Stress Value = 59		

Workout #1196 - Monday, 22 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	1 on 15:00 Techniques-turn dril		I
1x{6	6 x 75 on 1:10 Freestyle	EN1	S
	{6 x 75 on 1:05 Freestyle	EN1	S
	{6 x 75 on 1:00 Freestyle	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	1 on 20:00 Techniques-starts		I
6:56 PM	2,130 Yards - Stress Value = 19		

Workout #1192 - Monday, 22 January 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WC
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
12x{1	1 x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
1x{1	1 x 500 on 6:40 Pulls	EN1	
	{2 x 250 on 3:20 Pulls	EN1	
	{5 x 100 on 1:20 Pulls	EN1	
	{10 x 50 on :40 Pulls	EN1	
1x{3	3 x 300 on 3:50 Freestyle	EN2	
	{3 x 100 on 1:30 Butterfly	EN2	
	{3 x 300 on 3:40 Freestyle	EN2	
	{3 x 100 on 1:30 Butterfly	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
7:01 AM	6,000 Yards - Stress Value = 75		

Workout #1194 - Monday, 22 January 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-relay str		
1,000	8 x 125 on 2:15 Kick	EN2	

1x{8	8 x 50 on :50 Pulls-nbbf&w	EN1
	{8 x 50 on :45 Pulls-nbbf&w	EN1
	{8 x 50 on :40 Pulls-nbbf&w	EN1
300	3 x 100 on 1:40 Individual Medley	EN1
2,000	5 x 400 on 5:20 Freestyle	EN1
500	5 x 100 on 2:00 Stroke Drills	REC
5:17 PM	5,980 Yards - Stress Value = 62	

Workout #1199 - Tuesday, 23 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
825	1 x 825 on 15:00 Reverse IM drill	REC	D
10x{1	1 x 15 on :00 Backstroke	SP3	S
	{1 x 10 on :30 Freestyle	REC	S
1x{1	1 x 125 on 2:30 Kick	EN2	K
	{2 x 125 on 2:25 Kick	EN2	K
	{3 x 125 on 2:20 Kick	EN2	K
	{4 x 125 on 2:15 Kick	EN2	K
1x{3	3 x 150 on 2:15 Pulls	EN1	P
	{3 x 150 on 2:05 Pulls	EN1	P
	{3 x 150 on 1:55 Pulls	EN1	P
	{ breathe 5-6-7 by 50s		
400	8 x 50 on :50 Freestyle-build	EN1	S
1x{8	8 x 50 on 1:15 Pulls	EN2	P
	{2 x 200 on 3:20 Breaststroke	EN2	S
	{6 x 50 on 1:10 Pulls	EN2	P
	{2 x 150 on 2:25 Breaststroke	EN2	S
	{4 x 50 on 1:05 Pulls	EN2	P
	{2 x 100 on 1:35 Breaststroke	EN2	S
	{2 x 50 on 1:00 Pulls	EN2	P
	{2 x 50 on :45 Breaststroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 30:00 Stomach and Stretch		L
6:30 PM	6,325 Yards - Stress Value = 87		

Workout #1197 - Tuesday, 23 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 25:00 Weights			L I
400	1 x 400 on 8:00 Reverse IM drill	REC		D
	1 on 10:00 Techniques-starts			D
700	1 x 700 on 10:30 Pulls	EN1		P
300	3 x 100 on 1:30 Freestyle-descend to ridiculous speed	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 15:00 Techniques-free trns Stanford turn drill			D
6:50 AM	1,600 Yards - Stress Value = 10			

Workout #1194 - Monday, 22 January 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

Workout #1198 - Tuesday, 23 January 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
5:30 AM Start				
600	1 on 25:00 Weights		L	I
	1 x 600 on 10:00 Reverse IM drill	REC	D	
	8x{1 x 15 on :00 Backstroke	SP3	S	
	{1 x 10 on :30 Freestyle	REC	S	
	1x{2 x 175 on 2:30 Pulls	EN1	P	
	{2 x 175 on 2:25 Pulls	EN1	P	
	{2 x 175 on 2:20 Pulls	EN1	P	
	{2 x 175 on 2:15 Pulls	EN1	P	
	2x{3 x 75 on 1:10 Freestyle	EN1	S	
	{3 x 75 on 1:05 Freestyle	EN1	S	
	{3 x 75 on 1:00 Freestyle	EN1	S	
	{4 x 25 on :30 Choice	EN1	S	C
250	1 x 250 on 4:00 Stroke Drills	REC	D	
7:00 AM 4,000 Yards - Stress Value = 35				

Workout #1200 - Wednesday, 24 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
5:15 AM Start				
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	§	
210	14 x 15 on :30 Cross pool sprints	SP3	§	
sets of 3 all from a dive				
1,200	3 x 400 on 5:30 Pulls	EN1	I	
	1x{8 x 25 on :30 Choice	EN1	§	
	{2 x 25 on :15 Freestyle	EN2	§	
	{8 x 25 on :25 Choice	EN2	§	
	{2 x 25 on :15 Freestyle	EN2	§	
	{8 x 25 on :20 Choice	EN2	§	
	{2 x 25 on :15 Freestyle	EN2	§	
200	1 x 200 on 3:00 Freestyle	REC	§	
	1x{4 x 100 on 1:15 Freestyle	EN2	§	
	{1 on :30 Rest	M	§	
	{3 x 100 on 1:10 Freestyle	EN2	§	
	{1 on :30 Rest	M	§	
	{2 x 100 on 1:05 Freestyle	EN2	§	
	{1 on :30 Rest	M	§	
	{1 x 100 on 1:00 Freestyle	EN2	§	
400	8 x 50 on 1:00 Stroke Drills	REC	I	
6:30 AM 4,185 Yards - Stress Value = 53				

Workout #1201 - Saturday, 27 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC	§
8:30 AM Start				
	1 on 30:00 Stomach and Stretch			
825	1 x 825 on 16:00 Swim-kick-drill-swim	REC		
	no board			
180	12 x 15 on :30 Cross pool sprints	SP3		
1,000	1x{1 x 200 on 4:00 Kick	EN2		
	{1 x 200 on 3:50 Kick	EN2		
	{1 x 150 on 3:00 Kick	EN2		
	{1 x 150 on 2:50 Kick	EN2		
	{1 x 100 on 2:00 Kick	EN2		
	{1 x 100 on 1:50 Kick	EN2		
	{1 x 50 on 1:00 Kick	EN2		
	{1 x 50 on :50 Kick	EN2		
1,800	1x{3 x 200 on 2:50 Pulls	EN1		
	{3 x 200 on 2:45 Pulls	EN1		
	{3 x 200 on 2:40 Pulls	EN1		

600	6x{1 x 50 on :45 Freestyle	EN1	
	{1 x 50 on :55 Your Stroke	EN1	
2,400	4x{1 x 300 on 4:30 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
11:00 AM 7,005 Yards - Stress Value = 87			

Workout #1202 - Saturday, 27 January 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF	§
11:00 AM Start				
	1 on 20:00 Stomach and Stretch			
400	1 x 400 on 8:00 Swim-kick-drill-swim	REC		
180	12 x 15 on :30 Shooters	SP3		
600	12 x 50 on 1:10 Kick-descend in 3's	EN2		
	1x{1 x 200 on 3:00 Pulls	EN1		
	{1 x 200 on 2:55 Pulls	EN1		
	2x{1 x 50 on :55 Butterfly	EN1		
	{1 x 100 on 1:30 Freestyle	EN1		
	{1 x 50 on :50 Backstroke	EN1		
	{1 x 100 on 1:25 Freestyle	EN1		
	{1 x 50 on 1:00 Breaststroke	EN1		
	{1 x 100 on 1:20 Freestyle	EN1		
	{1 x 50 on :45 Freestyle	EN1		
	{1 x 100 on 1:15 Freestyle	EN1		
75	3 x 25 on :00 Choice OTB	EN1		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 18:00 Techniques-relay str			
12:39 PM 3,055 Yards - Stress Value = 36				

Workout #1203 - Saturday, 27 January 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

Yards	Set Description	EGY	WOF	§
11:00 AM Start				
	1 on 20:00 Stomach and Stretch			
600	1 x 600 on 9:00 Swim-kick-drill-swim	REC		
750	15 x 50 on :55 Kick-descend in 3's	EN2		
	1x{1 x 200 on 3:00 Pulls	EN1		
	{1 x 200 on 2:55 Pulls	EN1		
	{1 x 200 on 2:50 Pulls	EN1		
	{1 x 200 on 2:45 Pulls	EN1		
	2x{1 x 50 on :55 Butterfly	EN1		
	{1 x 100 on 1:30 Freestyle	EN1		
	{1 x 50 on :50 Backstroke	EN1		
	{1 x 100 on 1:25 Freestyle	EN1		
	{1 x 50 on 1:00 Breaststroke	EN1		
	{1 x 100 on 1:20 Freestyle	EN1		
	{1 x 50 on :45 Freestyle	EN1		
	{1 x 100 on 1:15 Freestyle	EN1		
75	3 x 25 on :00 Choice OTB	EN1		
200	1 x 200 on 3:00 Stroke Drills	REC		
	1 on 18:00 Techniques-relay str			
12:39 PM 3,625 Yards - Stress Value = 36				

Workout #1205 - Monday, 29 January 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	1x{6 x 75 on 1:10 Pulls-nbbf&w	EN1	
	{6 x 75 on 1:05 Pulls-nbbf&w	EN1	
	{6 x 75 on 1:00 Pulls-nbbf&w	EN1	
600	6 x 100 on 1:45 Individual Medley	EN1	
	1-3 drill 4-6 swim		
2,400	3 x 800 on 10:00 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
7:45 PM	6,930 Yards - Stress Value = 97		

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:15 AM	Start			
210	1 on 4:25 Swim-kick-pull-swim	REC	S	FR
	14 x 15 on :30 Pit sprints	SP3	S	FR
	1x{1 x 1000 on 15:00 Pulls	EN1	P	FR
	{2 x 500 on 7:00 Pulls	EN1	P	FR
	1x{6 x 50 on :50 Freestyle	EN1	S	FR
	{6 x 50 on :45 Freestyle	EN1	S	FR
	{6 x 50 on :40 Freestyle	EN1	S	FR
	{6 x 50 on :35 Freestyle	EN2	S	FR
	{6 x 25 on :30 Freestyle	EN1	S	FR
	{6 x 25 on :25 Freestyle	EN1	S	FR
	{6 x 25 on :20 Freestyle	EN1	S	FR
400	4 x 100 on 1:45 Stroke Drills	REC	D	CD
6:30 AM	4,260 Yards - Stress Value = 49			

Workout #1208 - Thursday, 01 February 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
3:00 PM	Start			
600	1 on 20:00 Stomach and Stretch		L	DF
180	1 x 600 on 8:00 Swim-kick-pull-swim	REC	S	F
500	12 x 15 on :30 Shooters	SP3	S	CF
600	5 x 100 on 2:15 Kick	EN1	K	CF
600	8 x 75 on 1:15 Pulls	EN1	P	F
50	1 x 50 on 5:00 Swim off		S	
800	16 x 50 on 1:00 Mid pool swims 4 on each stroke	EN1	S	I
400	4 x 100 on 2:30 Stroke Drills	REC	D	C
4:33 PM	3,130 Yards - Stress Value = 26			

Yards	Set Description	EGY	WORK	S
5:30 AM	Start			
400	1 on 25:00 Weights			L I
	1 x 400 on 7:00 Choice	REC		S C
	8x{1 x 15 on :00 Butterfly	SP3		S F
	{1 x 10 on :30 Freestyle	REC		S
	1x{1 x 300 on 4:30 Pulls	EN1		P
	{3 x 100 on 1:30 Freestyle-descend	EN2		S
	{1 x 300 on 4:30 Pulls	EN1		P
	{3 x 100 on 1:25 Freestyle-decend	EN2		S
	{1 x 300 on 4:30 Pulls	EN1		P
	{3 x 100 on 1:20 Freestyle-descend	EN2		S
	{1 x 300 on 4:30 Pulls	EN1		P
	{3 x 100 on 1:15 Freestyle-descend	EN2		S
500	10 x 50 on 1:00 Stroke Drills	REC		D
6:54 AM	3,500 Yards - Stress Value = 41			

Workout #1204 - Monday, 29 January 2001

HighSchl - All

1 minute rest between sets

Workout #1212 - Thursday, 01 February 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 16:00 Swim-kick-drill-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	1x{6 x 50 on 1:05 Kick-descend in 3's	EN2	
	{6 x 50 on 1:00 Kick-descend in 3's	EN2	
	{6 x 50 on :55 Kick-descend in 3's	EN2	
100	1 x 100 on 2:00 Kick for time	EN3	
1,200	12 x 100 on 1:30 Lungbuster pulls odds br 3-5-7-9 evens br 2-4-6-8	EN1	
300	1 x 300 on 5:00 Every 3rd 25 stroke fast	EN1	
	1x{6 x 100 on 1:30 Backstroke	EN2	
	{6 x 50 on 1:00 Back des in 3's	EN2	
	{6 x 100 on 1:25 Backstroke	EN2	
	{6 x 50 on 1:00 Back des in 3's	EN2	
	{6 x 100 on 1:20 Backstroke	EN2	
	{6 x 50 on 1:00 Back des in 3's	EN2	
300	3 x 100 on 1:30 Stroke Drills	REC	
7:46 PM	6,480 Yards - Stress Value = 100		

Yards	Set Description	EGY	WC
5:15 PM	Start		
800	1 on 30:00 Stomach and Stretch		
	1 x 800 on 16:00 Reverse IM drill	REC	
	12x{1 x 15 on :00 Butterfly	SP3	
	{1 x 10 on :30 Freestyle	REC	
	1x{4 x 75 on 1:35 Kick	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{4 x 75 on 1:20 Kick	EN2	
	1x{4 x 75 on 1:15 Pulls	EN1	
	{4 x 75 on 1:10 Pulls	EN1	
	{4 x 75 on 1:05 Pulls	EN1	
	{4 x 75 on 1:00 Pulls	EN1	
300	1 x 300 on 4:30 Every 3rd lap stroke	EN1	
	4x{2 x 200 on 3:20 Breaststroke	EN2	
	{1 x 25 on :30 Breaststroke OTB	SP2	
	{1 x 25 on 1:00 Breaststroke drill	REC	
	{1 x 25 on :30 Breaststroke OTB	SP2	
	{1 x 25 on 1:00 Breaststroke drill	REC	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:44 PM	6,100 Yards - Stress Value = 98		

Workout #1207 - Wednesday, 31 January 2001

Workout #1209 - Thursday, 01 February 2001

Group 3 - Cavadinis,Mark,Brian

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 25:00 Weights		L	I
400	1 x 400 on 7:00 Choice	REC	S	C
	8x{1 x 15 on :00 Butterfly	SP3	S	F
	{1 x 10 on :30 Freestyle	REC	S	
	1x{1 x 300 on 4:30 Pulls	EN1	P	
	{3 x 100 on 1:30 Freestyle-descend	EN2	S	
	{1 x 300 on 4:30 Pulls	EN1	P	
	{3 x 100 on 1:25 Freestyle-decend	EN2	S	
	{1 x 300 on 4:30 Pulls	EN1	P	
	{3 x 100 on 1:20 Freestyle-descend	EN2	S	
	{1 x 300 on 4:30 Pulls	EN1	P	
	{3 x 100 on 1:15 Freestyle-descend	EN2	S	
	{1 x 300 on 4:30 Pulls	EN1	P	
	{3 x 100 on 1:10 Freestyle-descend	EN2	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
7:00 AM 4,000 Yards - Stress Value = 50				

Workout #1210 - Thursday, 01 February 2001

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Reverse IM drill	REC	
	12x{1 x 15 on :00 Butterfly	SP3	
	{1 x 10 on :30 Freestyle	REC	
800	8 x 100 on 2:00 Kick-odds fast	SP3	
1,200	3 x 400 on 5:30 Pulls	EN1	
400	8 x 50 on :50 25 stroke 25 free	EN1	
400	2 x 200 on 8:00 #1 broken at the 100	SP2	
	10 seconds rest		
	#2 broken at the 50		
	rest 10-20-30 secs		
600	6 x 100 on 2:00 Stroke Drills	REC	
5:06 PM 4,500 Yards - Stress Value = 95			

Workout #1211 - Thursday, 01 February 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Reverse IM drill	REC	D
	12x{1 x 15 on :00 Butterfly	SP3	S
	{1 x 10 on :30 Freestyle	REC	S
800	8 x 100 on 2:00 Kick-odds fast	SP3	S
1,600	4 x 400 on 5:30 Pulls	EN1	P
600	12 x 50 on :50 25 stroke 25 free	EN1	S
	1x{6 x 100 on 1:40 Breaststroke	EN1	S
	{5 x 75 on 1:15 Breaststroke	EN1	S
	{4 x 50 on :50 Breaststroke	EN1	S
	{3 x 25 on :25 Breaststroke	EN2	S
600	6 x 100 on 2:00 Stroke Drills	REC	S
5:19 PM 5,950 Yards - Stress Value = 75			

Workout #1213 - Friday, 02 February 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WORK
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Yards	Set Description	EGY	W
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	S
210	14 x 15 on :30 Cross pool sprints	EN1	S
	1x{1 x 300 on 4:30 Pulls	EN1	F
	{3 x 100 on 1:30 Freestyle-descend	EN2	S
	{1 x 300 on 4:30 Pulls	EN1	F
	{3 x 100 on 1:25 Freestyle-descend	EN2	S
	{1 x 300 on 4:30 Pulls	EN1	F
	{3 x 100 on 1:20 Freestyle-descend	EN2	S
	{1 x 300 on 4:30 Pulls	EN1	F
	{3 x 100 on 1:15 Freestyle-descend	EN2	S
200	1 x 200 on 3:00 Freestyle	REC	S
	1x{5 x 25 on :30 Freestyle	EN1	S
	{5 x 25 on :25 Freestyle	EN1	S
	{5 x 25 on :20 Freestyle	EN2	S
	{5 x 25 on :15 Freestyle	EN2	S
500	5 x 100 on 2:00 Stroke Drills	REC	I
6:31 AM 4,235 Yards - Stress Value = 44			

Workout #1215 - Friday, 02 February 2001

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
	12x{1 x 15 on :00 Choice	SP3	
	{1 x 10 on :30 Freestyle	REC	
	1x{2 x 150 on 2:15 Pulls	EN1	
	{2 x 150 on 2:10 Pulls	EN1	
	{2 x 150 on 2:05 Pulls	EN1	
	6x{1 x 100 on 1:20 Individual Medley	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
300	3 x 100 on 2:15 Stroke Drills	REC	
6:33 AM 3,500 Yards - Stress Value = 34			

Workout #1214 - Friday, 02 February 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
	12x{1 x 15 on :00 Choice	SP3	
	{1 x 10 on :30 Freestyle	REC	
	1x{3 x 150 on 2:00 Pulls	EN1	
	{3 x 150 on 1:55 Pulls	EN2	
	{3 x 150 on 1:50 Pulls	EN2	
	8x{1 x 100 on 1:20 Individual Medley	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
500	5 x 100 on 1:45 Stroke Drills	REC	
6:46 AM 4,550 Yards - Stress Value = 53			

Workout #1216 - Monday, 05 February 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
425	1 x 425 on 8:00 Reverse IM drill	REC	
180	12 x 15 on :30 Cross pool sprints under h20 kick	SP3	
	1x{3 x 125 on 1:55 Pulls	EN1	
	{3 x 125 on 1:50 Pulls	EN1	
	{3 x 125 on 1:45 Pulls	EN1	
	{3 x 125 on 1:40 Pulls	EN1	
	1x{8 x 75 on 1:00 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{6 x 75 on :55 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{4 x 75 on :50 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
	{2 x 75 on :45 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle	REC	
400	4 x 100 on 1:30 Descend to ludicorus speed	EN2	
200	1 x 200 on 3:00 Freestyle	REC	
6:28 AM 4,405 Yards - Stress Value = 61			

Workout #1218 - Monday, 05 February 2001

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 10:00 Stretching		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	12x{1 x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
	1x{3 x 125 on 1:55 Freestyle	EN1	
	{3 x 125 on 1:50 Freestyle	EN1	
	{2 x 125 on 1:45 Freestyle	EN1	
	{2 x 125 on 1:40 Freestyle	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
6:27 AM 2,500 Yards - Stress Value = 19			

Workout #1217 - Monday, 05 February 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 10:00 Stretching		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	12x{1 x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
	1x{3 x 125 on 1:55 Pulls	EN1	
	{3 x 125 on 1:50 Pulls	EN1	
	{2 x 125 on 1:45 Pulls	EN1	
	{2 x 125 on 1:40 Pulls	EN1	
	1x{6 x 100 on 1:25 Freestyle	EN1	
	{5 x 100 on 1:20 Freestyle	EN1	
	{4 x 100 on 1:15 Freestyle	EN1	
350	7 x 50 on 1:00 Stroke Drills	REC	
6:49 AM 4,000 Yards - Stress Value = 34			

Workout #1219 - Tuesday, 06 February 2001

Age Group - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WORK	ST

Yards	Set Description	EGY	WORK	ST
425	1 x 425 on 8:00 Reverse IM drill	REC	D	I
210	14 x 15 on :30 Pit sprints	SP3	S	F
	1x{4 x 125 on 1:45 Lungbuster pulls	EN1	P	F
	{4 x 125 on 1:40 Lungbuster pulls	EN1	P	F
	{4 x 125 on 1:35 Lungbuster pulls	EN1	P	F
	{ br 2-3-4-5			
	1x{6 x 100 on 1:10 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{5 x 100 on 1:10 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:10 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:10 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{2 x 100 on 1:10 Freestyle	EN2	S	F
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:10 Freestyle	EN2	S	F
300	1 x 300 on 6:00 Stroke Drills	REC	D	C
6:30 AM 4,535 Yards - Stress Value = 65				

Workout #1220 - Tuesday, 06 February 2001

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Weights		I
400	1 x 400 on 8:00 Reverse IM drill	REC	I
	8x{1 x 15 on :00 Backstroke	SP3	S
	{1 x 10 on :30 Freestyle	REC	S
	1x{4 x 50 on 1:00 Pulls-nbbf&w	EN1	F
	{4 x 50 on :55 Pulls-nbbf&w	EN1	F
	{4 x 50 on :50 Pulls-nbbf&w	EN1	F
	{4 x 50 on :45 Pulls-nbbf&w	EN1	F
450	18 x 25 on :30 Descend in sets of 3	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:37 AM 2,050 Yards - Stress Value = 17			

Workout #1221 - Tuesday, 06 February 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Weights		I
600	1 x 600 on 9:00 Reverse IM drill	REC	I
	8x{1 x 15 on :00 Backstroke	SP3	S
	{1 x 10 on :30 Freestyle	REC	S
	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1	F
	{5 x 50 on :55 Pulls-nbbf&w	EN1	F
	{5 x 50 on :50 Pulls-nbbf&w	EN1	F
	{5 x 50 on :45 Pulls-nbbf&w	EN1	F
300	12 x 25 on :30 Descend in sets of 3	EN1	S
1,200	6 x 200 on 3:00 Backstroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:58 AM 3,500 Yards - Stress Value = 28			

Workout #1224 - Thursday, 08 February 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
10x{	1 x 15 on :00 Breaststroke	SP3	
	{1 x 10 on :30 Freestyle	REC	
1x{	6 x 50 on 1:05 Descend in sets of 3	EN2	
	{6 x 50 on 1:00 Descend in sets of 3	EN2	
	{6 x 50 on :55 Descend in sets of 3	EN2	
	{1 x 100 on 2:00 Kick for time	EN3	
1x{	2 x 150 on 2:15 Pulls	EN1	
	{1 x 150 on 1:45 Pulls	EN2	
	{2 x 150 on 2:10 Pulls	EN1	
	{1 x 150 on 1:45 Pulls	EN2	
	{2 x 150 on 2:05 Pulls	EN1	
	{1 x 150 on 1:45 Pulls	EN2	
450	18 x 25 on :30 Descend in sets of 3	EN1	
1x{	4 x 100 on 1:30 Butterfly	EN2	
	{1 x 200 on 3:00 Freestyle	EN1	
	{4 x 100 on 1:25 Butterfly	EN2	
	{1 x 200 on 3:00 Freestyle	EN1	
	{4 x 100 on 1:20 Butterfly	EN2	
	{1 x 200 on 3:00 Freestyle	EN1	
	{4 x 100 on 1:15 Butterfly	EN2	
	{1 x 200 on 3:00 Freestyle	EN1	
300	12 x 25 on :40 Stroke Drills	REC	
	7:41 PM 6,550 Yards - Stress Value = 92		

Workout #1222 - Thursday, 08 February 2001

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Weights		L DRY	
600	1 x 600 on 12:00 Choice	REC	S CHO	
8x{	1 x 15 on :00 Butterfly	SP3	S FLY	
	{1 x 10 on :30 Freestyle	REC	S FR	
1x{	8 x 75 on 1:10 Freestyle	EN1	S FR	
	{6 x 50 on :45 Freestyle	EN1	S FR	
	{4 x 25 on :20 Freestyle	EN1	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	6:33 AM 2,000 Yards - Stress Value = 15			

Workout #1223 - Thursday, 08 February 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 25:00 Weights		L DRY	
800	1 x 800 on 12:00 Choice	REC	S CHO	
8x{	1 x 15 on :00 Butterfly	SP3	S FLY	
	{1 x 10 on :30 Freestyle	REC	S FR	
1x{	8 x 75 on 1:10 Pulls	EN1	P FR	
	{6 x 50 on :45 Pulls	EN1	P FR	
	{4 x 25 on :20 Pulls	EN1	P FR	
1x{	4 x 25 on :35 Butterfly	EN1	S FLY	
	{1 x 100 on 1:30 Freestyle	EN1	S FR	
	{4 x 25 on :30 Butterfly	EN1	S FLY	
	{1 x 100 on 1:30 Freestyle	EN1	S FR	
	{4 x 25 on :25 Butterfly	EN1	S FLY	
	{1 x 100 on 1:30 Freestyle	EN1	S FR	
	{4 x 25 on :20 Butterfly	EN1	S FLY	
300	1 x 300 on 4:30 Stroke Drills	REC	D CD	
	6:48 AM 3,000 Yards - Stress Value = 22			

Workout #1225 - Friday, 09 February 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
425	14 x 15 on :30 Cross pool sprints	SP3	
210	1x{2 x 200 on 2:45 Pulls	EN1	
	{2 x 100 on 1:15 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN1	
	{2 x 100 on 1:20 Pulls	EN1	
	{2 x 200 on 2:35 Pulls	EN1	
	{2 x 100 on 1:25 Pulls	EN1	
1x{	1 x 300 on 3:30 Freestyle	EN2	
	{3 x 100 on 1:30 Descend in sets of 3	EN2	
	{1 x 300 on 3:35 Freestyle	EN2	
	{3 x 100 on 1:30 Descend in sets of 3	EN2	
	{1 x 300 on 3:40 Freestyle	EN2	
	{3 x 100 on 1:30 Descend in sets of 3	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	6:30 AM 4,585 Yards - Stress Value = 62		

Workout #1226 - Friday, 09 February 2001

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 10:00 Stretching		L DRY	
400	1 x 400 on 8:00 Choice	REC	S FR	
12x{	1 x 15 on :00 Choice	SP3	S CHO	
	{1 x 10 on :30 Freestyle	REC	S FR	
600	1 x 600 on 9:00 Pulls	EN1	P FR	
	1x{6 x 50 on :50 Freestyle	EN1	S FR	
	{6 x 50 on :45 Freestyle	EN1	S FR	
	{6 x 50 on :40 Freestyle	EN1	S FR	
300	1 x 300 on 5:00 Stroke Drills	REC	D CD	
	6:26 AM 2,500 Yards - Stress Value = 22			

Workout #1228 - Friday, 09 February 2001

HighSchl - All

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY	WC
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
500	5 x 100 on 2:00 Kick-odds fast	EN2	
600	4 x 150 on 2:15 Pulls br 4-5-6	EN1	
4x{	1 x 200 on 2:30 Freestyle	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
1x{	4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN1	
300	3 x 100 on 1:45 Stroke Drills	REC	
	7:35 AM 4,050 Yards - Stress Value = 41		

Workout #1230 - Friday, 09 February 2001

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
600	1 on 20:00 Stomach and Stretch		
600	6 x 100 on 2:00 Stroke Drills	REC	
12x{	1 x 15 on :00 Choice	SP3	
	{1 x 10 on :30 Freestyle	REC	
400	2 x 200 on 4:00 Kick	EN2	
600	2 x 300 on 4:15 Pulls	EN1	
300	12 x 25 on :30 Descend in sets of 3	EN1	
	1x{2 x 100 on 1:30 Individual Medley	EN1	
	{2 x 200 on 3:00 Individual Medley	EN1	
	{1 x 300 on 4:30 Individual Medley	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
4:29 PM 3,500 Yards - Stress Value = 33			

Workout #1227 - Friday, 09 February 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY	WC
600	1 on 20:00 Stomach and Stretch		
150	1 x 600 on 12:00 Swim-kick-drill-swim	REC	
600	10 x 15 on :30 Shooters	SP3	
750	6 x 100 on 2:00 Kick-odds fast	EN2	
	5 x 150 on 2:15 Pulls br 4-5-6	EN1	
4x{	1 x 200 on 2:30 Freestyle	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN1	
500	5 x 100 on 1:45 Stroke Drills	REC	
7:43 AM 4,500 Yards - Stress Value = 45			

Workout #1229 - Friday, 09 February 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
600	1 on 20:00 Stomach and Stretch		
600	6 x 100 on 2:00 Stroke Drills	REC	
12x{	1 x 15 on :00 Choice	SP3	
	{1 x 10 on :30 Freestyle	REC	
600	3 x 200 on 3:45 Kick	EN2	
900	3 x 300 on 4:00 Pulls	EN1	
300	12 x 25 on :30 Descend in sets of 3	EN1	
	1x{3 x 100 on 1:30 Individual Medley	EN1	
	{3 x 200 on 3:00 Individual Medley	EN1	
	{2 x 300 on 4:30 Individual Medley	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
4:43 PM 4,500 Yards - Stress Value = 46			

Workout #1231 - Monday, 12 February 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4-6-8		

1x{3 x 200 on 2:45 Freestyle	EN1	
{3 x 100 on 1:30 Butterfly	EN1	
{3 x 175 on 2:20 Freestyle	EN1	
{3 x 100 on 1:30 Backstroke	EN1	
{3 x 150 on 1:55 Freestyle	EN1	
{3 x 100 on 1:40 Breaststroke	EN1	
200 1 x 200 on 3:00 Stroke Drills	REC	
6:30 AM 4,510 Yards - Stress Value = 44		

Workout #1232 - Monday, 12 February 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
400	1 x 400 on 7:30 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
500	5 x 100 on 1:30 Lungbuster pulls	EN1	
1x{4 x 75 on 1:05 Freestyle	EN1		
	{4 x 75 on 1:00 Freestyle	EN1	
	{4 x 75 on :55 Freestyle	EN1	
200 1 x 200 on 35:00 Stroke Drills	REC		
6:58 AM 2,180 Yards - Stress Value = 21			

Workout #1233 - Tuesday, 13 February 2001

HighSchl - Cavadinis,Mark,Brian

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Weights		
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	12 x 50 on :50 Pulls-nbbf&w	EN1	
1x{4 x 25 on :25 Freestyle	EN1		
	{4 x 25 on :20 Freestyle	EN1	
	{2 x 25 on :15 Freestyle	EN1	
200 1 x 200 on 3:00 Stroke Drills	REC		
6:28 AM 1,630 Yards - Stress Value = 15			

Workout #1234 - Wednesday, 14 February 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Pit sprints	SP3	
1x{6 x 75 on 1:05 Pulls	EN1		
	{6 x 75 on 1:00 Pulls	EN1	
1x{1 x 200 on 3:00 Individual Medley	EN1		
	{3 x 50 on :50 Butterfly	EN1	
	{1 x 200 on 2:55 Individual Medley	EN1	
	{3 x 50 on :45 Backstroke	EN1	
	{1 x 200 on 2:50 Individual Medley	EN1	
	{3 x 50 on :55 Breaststroke	EN1	
	{1 x 200 on 2:45 Individual Medley	EN1	
	{3 x 50 on :40 Freestyle	EN1	
1,350 9 x 150 on 2:15 Freestyle-descend in sets of 3's	EN3		
200 1 x 200 on 3:00 Stroke Drills	REC		
6:31 AM 4,425 Yards - Stress Value = 111			

Workout #1235 - Thursday, 15 February 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:30 PM Start		
	1 on 28:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1x{3 x 125 on 2:20 Kick	EN2	
	{3 x 125 on 2:15 Kick	EN2	
	{2 x 125 on 2:10 Kick	EN2	
	1x{2 x 300 on 4:00 Pulls	EN1	
	{2 x 250 on 3:20 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{2 x 125 on 2:00 Butterfly	EN2	
	{1 x 100 on 1:30 Freestyle	EN1	
	{3 x 100 on 1:35 Butterfly	EN2	
	{1 x 100 on 1:30 Freestyle	EN1	
	{4 x 75 on 1:10 Butterfly	EN2	
	{1 x 100 on 1:30 Freestyle	EN1	
	{5 x 50 on :45 Butterfly	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{6 x 25 on :20 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	8:30 PM 5,100 Yards - Stress Value = 61		

Workout #1236 - Thursday, 15 February 2001

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
	6:30 PM Start		
	1 on 28:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
300	12x{1 x 15 on :00 Breaststroke	SP3	
	{1 x 10 on :30 Freestyle	REC	
650	1x{2 x 125 on 2:40 Kick	EN2	
	{2 x 125 on 2:35 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
600	6 x 100 on 1:35 Lungbuster pulls	EN1	
	breathe 3-5-7-5		
1,000	1x{1 x 100 on 1:45 Butterfly	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{1 x 100 on 1:45 Backstroke	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{1 x 100 on 1:45 Breaststroke	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{1 x 100 on 1:45 Freestyle	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
600	12 x 50 on :50 MidPoolSwims 3 on E	EN1	
	w/ very fast turns		
250	1 x 250 on 5:00 Stroke Drills	REC	
	8:20 PM 4,000 Yards - Stress Value = 36		

Workout #1237 - Friday, 16 February 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	5:15 AM Start			
425	1 x 425 on 8:00 Stroke Drills	REC	D	C
180	12 x 15 on :30 Cross pool sprints	SP3	S	
	under h2o dolphin ki			
800	1 x 800 on 12:00 Pulls	EN1	P	
800	2 x 400 on 5:30 Pulls	EN1	P	
	1x{8 x 25 on :35 Free odds fast	EN1	S	
	{4 x 25 on :30 Butterfly	EN1	S	E
	{8 x 25 on :30 Free odds fast	EN1	S	
	{4 x 25 on :30 Backstroke	EN1	S	
	{8 x 25 on :25 Free odds fast	EN1	S	

	{4 x 25 on :30 Breaststroke	EN1	S
	{8 x 25 on :20 Free odds fast	EN1	S
400	8 x 50 on 1:00 Challenge set!!!!	EN2	S
	start at 1:00 then		
	drop 5 sec. on each		
300	1 x 300 on 5:00 Stroke Drills	REC	D
	6:32 AM 4,005 Yards - Stress Value = 42		

Workout #1238 - Saturday, 17 February 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	8:30 AM Start		
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-drill-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
1,050	1x{2 x 150 on 3:00 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
1,500	1x{1 x 500 on 7:30 Pulls	EN1	
	{1 x 500 on 7:15 Pulls	EN1	
	{1 x 500 on 7:00 Pulls	EN1	
600	12 x 50 on :45 Freestyle	EN1	
2,400	1x{2 x 400 on 5:00 Freestyle	EN2	
	{2 x 400 on 4:55 Freestyle	EN2	
	{2 x 400 on 4:50 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	11:00 AM 7,085 Yards - Stress Value = 98		

Workout #1239 - Saturday, 17 February 2001

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
	8:30 AM Start		
	1 on 30:00 Stomach and Stretch		
625	1 x 625 on 16:00 Swim-kick-drill-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
600	2x{1 x 150 on 3:30 Kick	EN1	
	{1 x 100 on 2:20 Kick	EN1	
	{1 x 50 on 1:10 Kick	EN1	
600	1x{3 x 75 on 1:20 Pulls-nbbf&w	EN1	
	{3 x 75 on 1:15 Pulls-nbbf&w	EN1	
	{2 x 75 on 1:10 Pulls-nbbf&w	EN1	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	
600	1x{6 x 25 on :40 odds free evens strk	EN1	
	{6 x 25 on :35 odds free evens strk	EN1	
	{6 x 25 on :30 odds free evens strk	EN1	
	{6 x 25 on :25 odds free evens strk	EN1	
600	6 x 100 on 2:00 Stroke Drills	REC	
	10:25 AM 3,535 Yards - Stress Value = 31		

Workout #1240 - Saturday, 17 February 2001

Group 2 - All

2 minutes rest between sets

Yards	Set Description	EGY	WOF
	1 on 24:00 Stomach and Stretch		
625	1 x 625 on 15:00 Swim-kick-pull-swim	REC	
240	16 x 15 on :45 Shooters 4 on each	SP3	
	1 on 10:00 Techniques-Tennessee turn drills		
1x{2	x 100 on 2:30 Kick	EN2	
	{2 x 100 on 2:25 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
1x{3	x 50 on 1:10 Pulls-nbbf&w	EN1	
	{3 x 50 on 1:05 Pulls-nbbf&w	EN1	
	{3 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{3 x 50 on :55 Pulls-nbbf&w	EN1	
1x{1	x 200 on 3:45 Freestyle	EN2	
	{3 x 50 on 1:00 Descend in sets of 3	EN2	
	{1 x 200 on 3:30 Freestyle	EN2	
	{3 x 50 on 1:00 Descend in sets of 3	EN2	
	{1 x 200 on 3:15 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	11:00 AM 3,165 Yards - Stress Value = 48		

{4 x 50 on 1:00 Stroke Drills REC
6:25 PM 3,500 Yards - Stress Value = 33

Workout #1243 - Sunday, 18 February 2001

Group 2 - All

2 minutes rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 10:00 Stretch on your own			L I
800	16 x 50 on 1:00 Stroke Drills	REC		D
	odds free evens strk			
800	1x{2 x 100 on 2:30 Kick	EN2		K C
	{2 x 100 on 2:25 Kick	EN2		K C
	{2 x 100 on 2:20 Kick	EN2		K C
	{2 x 100 on 2:15 Kick	EN2		K C
750	10 x 75 on 1:20 Pulls-nbbf&w	EN1		P
400	2 x 200 on 4:00 Individual Medley	EN1		S
1,500	1x{3 x 100 on 2:00 Freestyle-descend	EN2		S
	{1 x 200 on 4:00 Freestyle	REC		S
	{3 x 100 on 1:50 Freestyle-descend	EN2		S
	{1 x 200 on 4:00 Freestyle	REC		S
	{3 x 100 on 1:40 Freestyle-descend	EN2		S
	{1 x 200 on 4:00 Freestyle	REC		S
	6:44 PM 4,250 Yards - Stress Value = 46			

Workout #1241 - Sunday, 18 February 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 10:00 Stretch on your own		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
12x{1	x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
1x{5	x 75 on 1:35 Kick	EN2	
	{4 x 75 on 1:30 Kick	EN2	
	{3 x 75 on 1:25 Kick	EN2	
	{2 x 75 on 1:20 Kick	EN2	
2x{1	x 300 on 4:30 Pulls	EN1	
	{3 x 100 on 1:15 Pulls	EN2	
300	3 x 100 on 1:40 Your Stroke-build	EN1	
	1x{1 x 500 on 6:30 Freestyle	EN2	
	{2 x 400 on 5:05 Freestyle	EN2	
	{3 x 300 on 3:45 Freestyle	EN2	
800	4 x 200 on 2:25 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:03 PM 6,850 Yards - Stress Value = 109		

Workout #1244 - Monday, 19 February 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch			I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC		S
180	12 x 15 on :30 Shooters	SP3		S
1x{1	x 100 on 2:00 Kick	EN2		F
	{2 x 75 on 1:30 Kick	EN2		F
	{3 x 50 on 1:00 Kick	EN2		F
	{4 x 25 on :30 Kick	EN2		F
1x{1	x 200 on 2:50 Pulls	EN1		F
	{1 x 200 on 2:45 Pulls	EN1		F
	{1 x 200 on 2:40 Pulls	EN1		F
	{1 x 200 on 2:35 Pulls	EN1		F
200	8 x 25 on :30 Freestyle-odds fast	EN1		S
1,200	12 x 100 on 1:20 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		I
	9:23 AM 3,480 Yards - Stress Value = 39			

Workout #1242 - Sunday, 18 February 2001

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 10:00 Stretch on your own		
600	1 x 600 on 16:00 Swim-kick-pull-swim	REC	
300	12x{1 x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
600	1x{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
600	8 x 75 on 1:15 Pulls 3 br L. 25	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1,200	1x{1 x 200 on 3:00 Freestyle	EN1	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{1 x 200 on 2:55 Freestyle	EN1	
	{4 x 50 on 1:00 Stroke Drills	REC	
	{1 x 200 on 2:50 Freestyle	EN1	

Workout #1247 - Tuesday, 20 February 2001

4:21 PM 3,030 Yards - Stress Value = 34

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
6x	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
1x	{3 x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
	{3 x 150 on 2:15 Pulls mid 50 br ev 8	EN1	
	{3 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
450	9 x 50 on 1:30 Descend in sets of 3	EN1	
2x	{1 x 200 on 3:00 Backstroke	EN2	
	{2 x 100 on 1:30 Backstroke	EN2	
	{4 x 50 on :45 Backstroke	EN2	
	{8 x 25 on :30 Backstroke-all out!!	EN2	
	{1 on 1:00 Rest		
300	12 x 25 on :30 Stroke Drills	REC	
	7:45 PM 5,880 Yards - Stress Value = 79		

Workout #1246 - Tuesday, 20 February 2001

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	2x{1 x 150 on 3:00 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
600	2 x 300 on 4:15 Pulls	EN1	F
950	1x{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
	{1 x 75 on 1:10 Freestyle	EN1	
	{1 x 150 on 2:30 Backstroke	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{1 x 200 on 3:20 Backstroke	EN1	
	{1 x 25 on :25 Freestyle	EN1	
	{1 x 250 on 4:10 Backstroke	EN1	
300	3 x 100 on 1:45 Stroke Drills	REC	I
	6:47 PM 3,030 Yards - Stress Value = 34		

Workout #1245 - Tuesday, 20 February 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		I
	40 Of everything		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
2x	{1 x 150 on 3:00 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
600	2 x 300 on 4:15 Pulls	EN1	F
1x	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:30 Backstroke	EN1	
	{1 x 75 on 1:10 Freestyle	EN1	
	{1 x 150 on 2:15 Backstroke	EN1	
	{1 x 50 on :45 Freestyle	EN1	
	{1 x 200 on 3:00 Backstroke	EN1	
	{1 x 25 on :25 Freestyle	EN1	
	{1 x 250 on 3:45 Backstroke	EN1	
300	3 x 100 on 1:45 Stroke Drills	REC	I

Workout #1248 - Wednesday, 21 February 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Pit sprints	SP3	
1x	{1 x 300 on 4:30 Pulls	EN1	F
	{6 x 50 on 1:00 Pulls 4 brths/50	EN1	F
	{2 x 100 on 1:30 Lungbuster pulls	EN1	F
	{8 x 75 on 1:10 Pulls-nbbf&w	EN1	F
300	12 x 25 on :30 IM order-build	EN1	
1x	{1 x 200 on 3:15 Individual Medley	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 200 on 3:10 Individual Medley	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 200 on 3:05 Individual Medley	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	I
	6:30 AM 4,085 Yards - Stress Value = 43		

Workout #1249 - Thursday, 22 February 2001

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
250	10x{1 x 15 on :00 Choice	SP3	
	{1 x 10 on :30 Freestyle	REC	
700	7 x 100 on 2:15 Kick-Odds breast	EN1	
	evens free		
700	1 x 700 on 11:00 Pulls	EN1	
1,000	20 x 50 on 1:00 Stroke Drills	REC	
	4 on each stroke		
	6:49 PM 3,050 Yards - Stress Value = 20		

Workout #1250 - Saturday, 24 February 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		I
100	1 x 100 on 8:25 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
1x	{8 x 50 on 1:05 Kick	EN2	F
	{7 x 50 on 1:00 Kick	EN2	F
	{6 x 50 on :55 Kick	EN2	F
1x	{2 x 500 on 7:00 Pulls	EN1	F
	{2 x 500 on 6:45 Pulls	EN1	F
400	1 x 400 on 7:30 Individual Medley	EN1	
4x	{1 x 100 on 1:20 Your Stroke-no free	EN2	
	{1 x 200 on 2:20 Freestyle	EN2	
	{1 x 300 on 4:00 Individual Medley	EN2	
450	9 x 50 on 1:00 Stroke Drills	REC	I
	11:00 AM 6,610 Yards - Stress Value = 101		

Workout #1251 - Saturday, 24 February 2001

Group 2 - All

2 minutes rest between sets

9:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
240	16 x 15 on :30 Shooters 4 on each	SP3	
650	2x{1 x 150 on 3:30 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
	{1 x 25 on 1:00 Sprint kick	EN2	
800	2x{1 x 200 on 4:00 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
900	1x{6 x 25 on :30 Freestyle	EN1	
	{6 x 25 on :40 Butterfly	EN1	
	{6 x 25 on :30 Freestyle	EN1	
	{6 x 25 on :35 Backstroke	EN1	
	{6 x 25 on :30 Freestyle	EN1	
	{6 x 25 on :45 Breaststroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	

11:00 AM 3,590 Yards - Stress Value = 43

Workout #1254 - Monday, 26 February 2001

Group 3 - Boys

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
600	6 x 100 on 1:30 Pulls	EN1	
300	1 x 300 on 6:00 Every 3rd 25 stroke	EN1	
	1x{1 x 500 on 6:45 Freestyle	EN2	
	{1 x 500 on 6:35 Freestyle	EN2	
	{1 x 500 on 6:25 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:02 PM 4,180 Yards - Stress Value = 58

Workout #1252 - Monday, 26 February 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	
	{5 x 50 on :45 Pulls-nbbf&w	EN1	
	1 on 8:00 Techniques-starts	I	
	1x{3 x 100 on 1:45 Individual Medley	EN1	
	{2 x 75 on 1:15 Freestyle	EN1	
	{3 x 100 on 1:40 Individual Medley	EN1	
	{2 x 75 on 1:10 Freestyle	EN1	
	{3 x 100 on 1:35 Individual Medley	EN1	
	{2 x 75 on 1:05 Freestyle	EN1	
	{3 x 100 on 1:30 Individual Medley	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	I

6:30 AM 3,485 Yards - Stress Value = 34

Workout #1253 - Monday, 26 February 2001

Group 3 - Sprint and Stroke

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{6 x 50 on 1:05 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
	{6 x 50 on :55 Kick	EN2	
800	1x{4 x 100 on 1:30 Pulls	EN1	
	{4 x 100 on 1:25 Pulls	EN1	
400	1 x 400 on 6:00 Every 3rd 25 stroke	EN1	
1,800	1x{1 x 600 on 8:00 Freestyle	EN2	
	{1 x 600 on 7:45 Freestyle	EN2	
	{1 x 600 on 7:30 Freestyle	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:15 PM 5,080 Yards - Stress Value = 73

Workout #1255 - Monday, 26 February 2001

Group 3 - Girls

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 50 on 1:05 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
500	5 x 100 on 1:30 Pulls	EN1	
300	1 x 300 on 6:00 Every 3rd 25 stroke	EN1	
	1x{1 x 400 on 6:00 Freestyle	EN1	
	{1 x 400 on 5:45 Freestyle	EN1	
	{1 x 400 on 5:30 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	

6:58 PM 3,530 Yards - Stress Value = 41

Workout #1256 - Monday, 26 February 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{6 x 50 on 1:05 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
	{6 x 50 on :55 Kick	EN2	
	1x{5 x 100 on 1:30 Pulls	EN1	
	{5 x 100 on 1:25 Pulls	EN1	
	{5 x 100 on 1:20 Pulls	EN1	
400	1 x 400 on 6:00 Every 3rd 25 stroke	EN1	
	1x{1 x 600 on 8:00 Freestyle	EN2	
	{1 x 600 on 7:45 Freestyle	EN2	
	{1 x 600 on 7:30 Freestyle	EN2	
	{1 x 600 on 7:15 Freestyle	EN2	
500	20 x 25 on :30 Freestyle odds fast	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	

7:45 PM 6,980 Yards - Stress Value = 97

Workout #1257 - Tuesday, 27 February 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{3	x 150 on 3:00 Kick	EN2	
{3	x 100 on 2:00 Kick	EN2	
{3	x 50 on 1:00 Kick	EN2	
1x{4	x 150 on 2:15 Pulls	EN1	
{4	x 125 on 1:50 Pulls	EN1	
{4	x 100 on 1:30 Pulls	EN1	
1x{4	x 50 on :50 Freestyle	EN1	
{4	x 50 on :45 Freestyle	EN1	
{4	x 50 on :40 Freestyle	EN1	
2x{4	x 125 on 2:00 Backstroke	EN2	
{3	x 100 on 1:35 Backstroke	EN2	
{2	x 75 on 1:10 Backstroke	EN2	
{1	x 50 on :45 Backstroke	EN2	
{1	on 1:00 Rest		
400	8 x 50 on 1:00 Stroke Drills	REC	
7:45 PM 6,380 Yards - Stress Value = 86			

Workout #1260 - Tuesday, 27 February 2001

Group 3 - Girls

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{2	x 150 on 3:00 Kick	EN2	
{2	x 100 on 2:00 Kick	EN2	
{2	x 50 on 1:00 Kick	EN2	
1x{3	x 150 on 2:15 Pulls	EN1	
{2	x 125 on 1:50 Pulls	EN1	
{1	x 100 on 1:30 Pulls	EN1	
1x{3	x 50 on :50 Freestyle	EN1	
{3	x 50 on :45 Freestyle	EN1	
{3	x 50 on :40 Freestyle	EN1	
1x{4	x 125 on 2:00 Backstroke	EN2	
{3	x 100 on 1:35 Backstroke	EN2	
{2	x 75 on 1:10 Backstroke	EN2	
{1	x 50 on :45 Backstroke	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:05 PM 4,080 Yards - Stress Value = 52			

Workout #1259 - Tuesday, 27 February 2001

Group 3 - Boys

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{3	x 150 on 3:00 Kick	EN2	
{3	x 100 on 2:00 Kick	EN2	
{3	x 50 on 1:00 Kick	EN2	
1x{4	x 150 on 2:15 Pulls	EN1	
{4	x 125 on 1:50 Pulls	EN1	
1x{4	x 50 on :50 Freestyle	EN1	
{4	x 50 on :45 Freestyle	EN1	
{4	x 50 on :40 Freestyle	EN1	
100	1 x 100 on 6:00 Broken	SP2	
400	1 x 400 on 7:00 Stroke Drills	REC	
7:10 PM 4,080 Yards - Stress Value = 52			

Workout #1261 - Wednesday, 28 February 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
625	1 x 625 on 12:00 Choice	REC	S
180	12 x 15 on :45 Pit sprints all from a dive	SP3	S
1x{1	x 400 on 6:00 Pulls	EN1	F
{1	x 300 on 4:30 Pulls	EN1	F
{1	x 200 on 3:00 Pulls	EN1	F
{1	x 100 on 1:30 Pulls	EN1	F
	1 on 15:00 Techniques-Tennessee turn drill		I
1x{4	x 25 on :40 Butterfly	EN1	S
{4	x 25 on :30 Freestyle	EN1	S
{4	x 25 on :35 Backstroke	EN1	S
{4	x 25 on :30 Freestyle	EN1	S
{4	x 25 on :45 Breaststroke	EN1	S
	1 on 8:00 Techniques-starts		I
6:29 AM 2,305 Yards - Stress Value = 22			

Workout #1258 - Tuesday, 27 February 2001

Group 3 - Sprint and Stroke

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{3	x 150 on 3:00 Kick	EN2	
{3	x 100 on 2:00 Kick	EN2	
{3	x 50 on 1:00 Kick	EN2	
1x{4	x 150 on 2:15 Pulls	EN1	
{4	x 125 on 1:50 Pulls	EN1	
{4	x 100 on 1:30 Pulls	EN1	
1x{4	x 50 on :50 Freestyle	EN1	
{4	x 50 on :45 Freestyle	EN1	
{4	x 50 on :40 Freestyle	EN1	
1x{1	x 200 on 8:00 Broken	SP2	
{1	x 100 on 6:00 Broken	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:22 PM 4,530 Yards - Stress Value = 76			

Workout #1266 - Wednesday, 28 February 2001

Group 3 - Taper 1

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,050	21 x 50 on 1:00 Kick des in 3's	EN2	
100	1 x 100 on 2:00 Kick for time	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
300	12 x 25 on :30 Freestyle odds fast	EN1	
	2x{3 x 100 on 1:55 Breaststroke	EN2	
	{3 x 100 on 1:50 Breaststroke	EN2	
	{3 x 100 on 1:45 Breaststroke	EN2	
	1x{4 x 25 on :35 Freestyle	EN1	
	{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{1 x 250 on 5:00 Stroke Drills	REC	
	7:44 PM 5,980 Yards - Stress Value = 84		

Workout #1264 - Wednesday, 28 February 2001

Group 3 - Boys

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	12 x 50 on 1:00 Kick des in 3's	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	1x{3 x 100 on 1:55 Breaststroke	EN1	
	{3 x 100 on 1:50 Breaststroke	EN2	
	{3 x 100 on 1:45 Breaststroke	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:53 PM 3,080 Yards - Stress Value = 40		

Workout #1262 - Wednesday, 28 February 2001

Group 3 - Sprint and Stroke

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,050	21 x 50 on 1:00 Kick des in 3's	EN2	
100	1 x 100 on 2:00 Kick for time	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
300	12 x 25 on :30 Freestyle drill buil	EN1	
	1x{3 x 100 on 1:55 Breaststroke drill	EN2	
	{3 x 100 on 1:50 Breaststroke drill	EN2	
	{3 x 100 on 1:45 Breaststroke drill	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:17 PM 4,480 Yards - Stress Value = 60		

Workout #1263 - Wednesday, 28 February 2001

Group 3 - Girls

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	12 x 50 on 1:00 Kick des in 3's	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	1x{3 x 100 on 1:55 Breaststroke drill	EN1	
	{3 x 100 on 1:50 Breaststroke drill	EN1	
	{3 x 100 on 1:45 Breaststroke drill	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:02 PM 3,680 Yards - Stress Value = 40		

Workout #1265 - Wednesday, 28 February 2001

Group 3 - Miguel Santos

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,050	21 x 50 on 1:00 Kick des in 3's	EN2	
100	1 x 100 on 2:00 Kick for time	EN2	
1,500	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:25 Pulls	EN1	
	{1 x 300 on 4:20 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 300 on 4:10 Pulls	EN1	
300	12 x 25 on :30 Freestyle odds fast	EN1	
900	1x{3 x 100 on 1:55 Breaststroke	EN2	
	{3 x 100 on 1:50 Breaststroke	EN2	
	{3 x 100 on 1:45 Breaststroke	EN2	
400	1x{4 x 25 on :35 Freestyle	EN1	
	{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:34 PM 5,480 Yards - Stress Value = 70		

Workout #1268 - Thursday, 01 March 2001

Group 3 - Taper 1

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	1x{4 x 125 on 2:00 Pulls L.25 3 brths	EN1	
	{3 x 125 on 1:55 Pulls L.25 2 brths	EN1	
	{3 x 125 on 1:50 Pulls L.25 1 brth	EN1	
	1x{3 x 100 on 1:40 Descend in sets of 3	EN1	
	{3 x 100 on 1:35 Descend in sets of 3	EN1	
	{3 x 100 on 1:30 Descend in sets of 3	EN1	
	2x{3 x 50 on 1:00 Butterfly	EN2	
	{3 x 50 on :55 Butterfly	EN2	
	{3 x 50 on :50 Butterfly	EN2	
	{8 x 25 on :30 Butterfly ALL OUT!!!	EN2	
	{1 on 1:00 Rest		
300	1 x 300 on 6:00 Stroke Drills	REC	
	7:40 PM 5,730 Yards - Stress Value = 79		

Workout #1269 - Thursday, 01 March 2001

Group 3 - Sprint and Stroke

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
600	1 x 600 on 12:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
3x	{1 x 100 on 2:00 Kick	EN2	K
	{1 x 100 on 1:55 Kick	EN2	K
	{1 x 100 on 1:50 Kick	EN2	K
1x	{3 x 125 on 2:00 Pulls L.25 3 brths	EN1	P
	{3 x 125 on 1:55 Pulls L.25 2 brths	EN1	P
	{2 x 125 on 1:50 Pulls L.25 1 brth	EN1	P
1x	{3 x 50 on 1:00 Butterfly	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{3 x 50 on :55 Butterfly	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{3 x 50 on :50 Butterfly	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{8 x 25 on :30 Butterfly ALL OUT!!!	EN2	S
	{1 on 1:00 Rest		M
400	1 x 400 on 6:00 Stroke Drills	REC	D

7:06 PM 4,030 Yards - Stress Value = 48

Workout #1267 - Thursday, 01 March 2001

Group 3 - Miguel Santos

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,250	1x{4 x 125 on 2:00 Pulls L.25 3 brths	EN1	
	{3 x 125 on 1:55 Pulls L.25 2 brths	EN1	
	{3 x 125 on 1:50 Pulls L.25 1 brth	EN1	
900	1x{3 x 100 on 1:40 Descend in sets of 3	EN1	
	{3 x 100 on 1:35 Descend in sets of 3	EN1	
	{3 x 100 on 1:30 Descend in sets of 3	EN1	
300	1x{1 x 200 on 8:00 Broken at the 50 rst	SP2	
	{ 10,20,30 secs at 50s		
	{1 x 100 on 6:00 Broken at the 25's	SP2	
	{ rest 5,10,15 secs.		
500	5 x 100 on 2:00 Stroke Drills	REC	

7:31 PM 4,930 Yards - Stress Value = 83

Workout #1270 - Friday, 02 March 2001

Group 3 - Taper 1

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 15:00 1 set pushups/strtch	REC	L	I
600	1 x 600 on 12:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	F
3x	{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 50 on 1:00 Kick	EN2	K	C
	{1 x 50 on :55 Kick	EN2	K	C
	{1 x 50 on :50 Kick	EN2	K	C
1x	{4 x 100 on 1:35 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	P	
1x	{1 x 400 on 8:00 Individual Medley	EN1	S	
	{4 x 50 on 1:00 Butterfly	EN2	S	F
	{1 x 300 on 6:00 Individual Medley	EN1	S	

{4 x 50 on 1:00 Backstroke	EN2	S
{1 x 200 on 4:00 Individual Medley	EN1	S
{4 x 50 on 1:00 Breaststroke	EN2	S
{1 x 100 on 2:00 Individual Medley	EN1	S
{4 x 50 on 1:00 Freestyle	EN2	S
{ 50's 100% effort		

200 1 x 200 on 1:30 Stroke Drills REC D
7:02 PM 4,530 Yards - Stress Value = 58

Workout #1272 - Friday, 02 March 2001

Group 3 - Sprint and Stroke

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 1 set pushups/strtch		
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
4x	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
1x	{4 x 100 on 1:35 Lungbuster pulls	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2x	{1 x 100 on 6:00 Broken at 25's rest	SP2	
	{ 5,10,15 seconds		
	{1 x 200 on :00 Freestyle	REC	
300	12 x 25 on :30 Stroke Drills IMO	REC	

6:53 PM 3,980 Yards - Stress Value = 60

Workout #1271 - Friday, 02 March 2001

Group 3 - Miguel Santos

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 15:00 1 set pushups/strtch	REC	L	I
600	1 x 600 on 12:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	F
750	3x{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 50 on 1:00 Kick	EN2	K	C
	{1 x 50 on :55 Kick	EN2	K	C
	{1 x 50 on :50 Kick	EN2	K	C
1,000	1x{4 x 100 on 1:35 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	P	
1,800	1x{1 x 400 on 8:00 Individual Medley	EN1	S	
	{4 x 50 on 1:00 Stroke Drills	REC	D	F
	{1 x 300 on 6:00 Individual Medley	EN1	S	
	{4 x 50 on 1:00 Stroke Drills	REC	D	
	{1 x 200 on 4:00 Individual Medley	EN1	S	
	{4 x 50 on 1:00 Stroke Drills	REC	D	
	{1 x 100 on 2:00 Individual Medley	EN1	S	
	{4 x 50 on 1:00 Stroke Drills	REC	D	

6:59 PM 4,330 Yards - Stress Value = 42

Workout #1273 - Saturday, 03 March 2001

Group 3 - Sprint and Stroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch	REC	
625	1 x 625 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
1x{4	4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
1x{1	x 500 on 7:00 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
1x{3	x 100 on 1:30 Freestyle	EN1	
	{2 x 50 on :50 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{2 x 50 on :45 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{2 x 50 on :40 Freestyle	EN1	
	{ All 100's drill		
200	1 x 200 on 3:00 Stroke Drills	REC	
10:02 AM 3,535 Yards - Stress Value = 39			

Workout #1275 - Saturday, 03 March 2001

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch	REC	
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
1x{4	x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN3	
1x{2	x 500 on 7:15 Pulls	EN1	
	{5 x 50 on 1:00 Pulls-nbbf&w	EN1	
200	8 x 25 on :30 IM order-build	EN1	
1x{5	x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{4 x 100 on 1:25 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{3 x 50 on :40 Freestyle	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
10:25 AM 5,035 Yards - Stress Value = 58			

Workout #1274 - Saturday, 03 March 2001

Group 3 - Miguel Santos

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch	REC	
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
700	1x{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN3	
1,250	1x{2 x 500 on 7:15 Pulls	EN1	
	{5 x 50 on 1:00 Pulls-nbbf&w	EN1	
1,350	1x{3 x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{3 x 100 on 1:25 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	{3 x 50 on :40 Freestyle	EN1	

200 1 x 200 on 3:00 Stroke Drills REC
10:16 AM 4,535 Yards - Stress Value = 53

Workout #1276 - Monday, 05 March 2001

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 200 on 4:00 Kick	EN2	
	{4 x 50 on 1:00 Kick-one on each	EN2	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4--6-8		
1x{2	x 200 on 2:45 Freestyle	EN1	
	{2 x 150 on 2:00 Freestyle	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	{2 x 50 on :45 Freestyle	EN1	
800	8 x 100 on 1:45 Stroke Drills	REC	
	2 on each stroke		
7:00 PM 4,580 Yards - Stress Value = 43			

Workout #1277 - Monday, 05 March 2001

Group 3 - Sprint and Stroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 200 on 4:00 Kick	EN2	
	{4 x 50 on 1:00 Kick-one on each	EN2	
600	6 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4--6-8		
2x{2	x 150 on 2:00 Freestyle	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	{2 x 50 on :45 Freestyle	EN1	
	{2 x 25 on :30 Your Stroke	EN1	
250	1 x 250 on 5:00 Freestyle	REC	
6:42 PM 3,530 Yards - Stress Value = 34			

Workout #1279 - Monday, 05 March 2001

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 200 on 4:00 Kick	EN2	
	{4 x 50 on 1:00 Kick-one on each	EN2	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4--6-8		
2x{2	x 150 on 2:00 Freestyle	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	{2 x 50 on :45 Freestyle	EN1	
	{2 x 25 on :30 Your Stroke	EN1	
400	4 x 100 on 2:00 Stroke Drills	REC	
6:51 PM 4,080 Yards - Stress Value = 38			

Workout #1278 - Monday, 05 March 2001

Group 3 - Miguel Santos

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
400	1x{1 x 200 on 4:00 Kick	EN2	
	{4 x 50 on 1:00 Kick-one on each	EN2	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-4--6-8		
1,300	2x{2 x 150 on 2:00 Freestyle	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	{2 x 50 on :45 Freestyle	EN1	
	{2 x 25 on :30 Your Stroke	EN1	
200	2 x 100 on 6:00 Broken #1 at 50 10sc	SP2	
	#2 at 25 5,10,15 sec		
300	1 x 300 on 5:00 Freestyle	REC	
	6:58 PM 3,980 Yards - Stress Value = 56		

Workout #1281 - Tuesday, 06 March 2001

Group 3 - Sectional

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
4x{1 x 100 on 2:00 Kick		EN2	
	{1 x 100 on 1:45 Kick	EN2	
1x{1 x 400 on 5:45 Pulls		EN1	
	{1 x 400 on 5:40 Pulls	EN1	
	{1 x 400 on 5:35 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
200	2 x 100 on 6:00 Broken	SP2	
400	16 x 25 on :30 IM order	EN1	
500	5 x 100 on 1:45 Stroke Drills	REC	
	5:45 PM 4,405 Yards - Stress Value = 62		

Workout #1282 - Tuesday, 06 March 2001

Group 3 - Sprint and Stroke

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
2x{1 x 100 on 2:00 Kick		EN2	
	{1 x 100 on 1:45 Kick	EN2	
1x{1 x 300 on 4:30 Pulls		EN1	
	{1 x 300 on 4:15 Pulls	EN1	
750	15 x 50 on :45 Freestyle	EN1	
100	1 x 100 on 6:00 Broken	SP2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:16 PM 3,055 Yards - Stress Value = 39		

Workout #1280 - Tuesday, 06 March 2001

Group 3 - Chris P.

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching		

825	1 x 825 on 15:00 Swim-kick-pull-swim	REC
180	12 x 15 on :30 Shooters	SP3
2x{1 x 100 on 2:00 Kick		EN2
	{1 x 100 on 1:45 Kick	EN2
1x{1 x 300 on 4:30 Pulls		EN1
	{1 x 300 on 4:15 Pulls	EN1
600	12 x 50 on :50 25 free 25 stroke	EN1
400	4 x 100 on 2:00 Stroke Drills	REC
	5:11 PM 3,005 Yards - Stress Value = 27	

Workout #1283 - Tuesday, 06 March 2001

Group 3 - Miguel Santos

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 Stretching		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
400	2x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
600	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
600	12 x 50 on :50 25 free 25 stroke	EN1	
400	4 x 100 on 2:00 Stroke Drills	REC	
	5:11 PM 3,005 Yards - Stress Value = 27		

Workout #1285 - Wednesday, 07 March 2001

Group 3 - Taper 2

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch			L I
	50 of everything			
625	1 x 625 on 16:00 Stroke Drills	REC		D
180	12 x 15 on :30 Shooters	SP3		S C
2x{1 x 150 on 3:00 Kick		EN2		K C
	{1 x 100 on 2:00 Kick	EN2		K C
	{1 x 50 on 1:00 Kick	EN2		K C
1x{1 x 200 on 2:45 Pulls		EN1		P
	{3 x 50 on :45 Pulls only 4 brths	EN1		P
300	1 x 300 on 5:00 every 3rd 25 your	EN1		S C
	stroke at 90%			
2x{1 x 100 on 1:45 Individual Medley		EN1		D
	{ closed fist			
	{1 x 100 on 1:40 Individual Medley	EN1		D
	{ hook em' horns			
	{1 x 100 on 1:35 Individual Medley	EN1		D
	{ ok drill			
	{1 x 100 on 1:30 Individual Medley	EN1		S
200	1 x 200 on 4:00 Freestyle	REC		S
	6:42 PM 3,055 Yards - Stress Value = 34			

Workout #1284 - Wednesday, 07 March 2001

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	1 on 20:00 Stomach and Stretch		L I	
	50 of everything			
825	1 x 825 on 16:00 Stroke Drills	REC	D	
180	12 x 15 on :30 Shooters	SP3	S C	
	3x{1 x 150 on 3:00 Kick	EN2	K C	
	{1 x 100 on 2:00 Kick	EN2	K C	
	{1 x 50 on 1:00 Kick	EN2	K C	
	2x{1 x 200 on 2:45 Pulls	EN1	P	
	{3 x 50 on :45 Pulls only 4 brths	EN1	P	
400	1 x 400 on 6:00 every 3rd 25 your	EN1	S C	
	stroke at 90%			
	3x{1 x 100 on 1:40 Individual Medley	EN1	D	
	{ closed fist			
	{1 x 100 on 1:35 Individual Medley	EN1	D	
	{ hook em' horns			
	{1 x 100 on 1:30 Individual Medley	EN1	D	
	{ ok drill			
	{1 x 100 on 1:25 Individual Medley	EN1	S	
300	1 x 300 on 4:30 Freestyle	REC	S	
	7:01 PM 4,505 Yards - Stress Value = 48			

Workout #1287 - Thursday, 08 March 2001

Group 3 - Taper 2

1 minute rest between sets

Yards	Set Description	EGY	WOF	Σ
	1 on 20:00 Stomach and Stretch			
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :30 Shooters	SP3		
	1x{2 x 100 on 2:00 Kick	EN2		
	{2 x 100 on 1:55 Kick	EN2		
	{2 x 100 on 1:50 Kick	EN2		
	1x{2 x 150 on 2:15 Pulls mid 50 br ev 7	EN1		
	{2 x 150 on 2:15 Pulls mid 50 br ev 8	EN1		
	1x{1 x 150 on 2:30 Choice	EN1		
	{1 x 150 on 2:25 Choice	EN1		
	{1 x 150 on 2:20 Choice	EN1		
	{1 x 100 on 1:40 Choice	EN1		
	{1 x 100 on 1:35 Choice	EN1		
	{1 x 100 on 1:30 Choice	EN1		
300	6 x 50 on 1:00 Stroke Drills	REC		
	6:37 PM 3,030 Yards - Stress Value = 34			

Workout #1286 - Thursday, 08 March 2001

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WOF	Σ
	1 on 20:00 Stomach and Stretch			
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :30 Shooters	SP3		
	1x{2 x 100 on 2:00 Kick	EN2		
	{2 x 100 on 1:55 Kick	EN2		
	{2 x 100 on 1:50 Kick	EN2		
	1x{2 x 150 on 2:15 Pulls mid 50 br ev 7	EN1		
	{2 x 150 on 2:15 Pulls mid 50 br ev 8	EN1		
	{2 x 150 on 2:15 Pulls mid 50 br ev 9	EN1		
	1x{1 x 200 on 3:00 Your Stroke	EN1		
	{1 x 200 on 2:55 Your Stroke	EN1		
	{1 x 200 on 2:50 Your Stroke	EN1		
	{1 x 150 on 2:15 Your Stroke	EN1		
	{1 x 150 on 2:10 Your Stroke	EN1		

{1 x 150 on 2:05 Your Stroke	EN1
{1 x 100 on 1:30 Your Stroke	EN1
{1 x 100 on 1:25 Your Stroke	EN1
{1 x 100 on 1:20 Your Stroke	EN1
400 1 x 400 on 6:00 Stroke Drills	REC
6:50 PM 4,030 Yards - Stress Value = 43	

Workout #1288 - Friday, 09 March 2001

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	1 on 10:00 Stretch on your own		I	
800	1 x 800 on 15:00 Reverse IM drill	REC	I	
	12x{1 x 15 on :00 Choice	SP3	S	
	{1 x 10 on :30 Freestyle	REC	S	
	1x{5 x 50 on 1:05 Kick	EN2	F	
	{4 x 50 on 1:00 Kick	EN2	F	
	{3 x 50 on 1:00 Kick	EN2	F	
	1x{2 x 125 on 1:45 Pulls	EN1	F	
	{2 x 125 on 1:40 Pulls	EN1	F	
	{2 x 125 on 1:35 Pulls	EN1	F	
	2x{3 x 100 on 1:45 Individual Medley	EN1	S	
	{3 x 50 on :45 Freestyle descend	EN1	S	
200	1 x 200 on 8:00 Broken at the 50's	SP2	S	
	rest 10-20-30 sec			
500	5 x 100 on 1:45 Stroke Drills	REC	I	
	7:32 PM 4,050 Yards - Stress Value = 54			

Workout #1289 - Saturday, 10 March 2001

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	1 on 20:00 Stomach and Stretch		L I	
	50 of everything			
825	1 x 825 on 16:00 Choice of drill	REC	D C	
210	14 x 15 on :30 Cross pool sprints	SP3	S	
	1x{4 x 75 on 1:30 Kick	EN2	K C	
	{4 x 50 on 1:00 Kick no board	EN2	K C	
	{4 x 25 on :45 Sprint kick	EN2	K C	
	1x{4 x 50 on :50 Pulls	EN1	P	
	{4 x 50 on :45 Pulls	EN1	P	
	{4 x 50 on :40 Pulls	EN1	P	
	4x{1 x 150 on 2:30 Stroke Drills	REC	D	
	{4 x 25 on :30 odds closed fist	REC	D	
	{ evens ok drill			
	{ do the sets IM order			
250	1 x 250 on 3:30 Six kick switch	REC	D	
	10:02 AM 3,485 Yards - Stress Value = 26			

Workout #1290 - Monday, 12 March 2001

Group 3 - Sectional

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Choice	REC	S
150	10 x 15 on :30 Shooters	SP3	S
1x{	1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:55 Kick	EN2	F
	{1 x 75 on 1:30 Kick	EN2	F
	{1 x 75 on 1:25 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
	{1 x 50 on :55 Kick	EN2	F
	{1 x 25 on :30 Kick	EN2	F
	{1 x 25 on :25 Kick	EN2	F
1x{	1 x 300 on 4:00 Pulls	EN1	F
	{2 x 100 on 1:25 Pulls-nbbf&w	EN1	F
1,500	15 x 100 on 1:30 Choice of interval	EN1	S
250	5 x 50 on 1:00 Stroke Drills	REC	I
6:42 PM 3,500 Yards - Stress Value = 36			

Workout #1291 - Tuesday, 13 March 2001

Group 3 - Sectional

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	I
150	10 x 15 on :30 Shooters	SP3	S
2x{	1 x 100 on 2:00 Kick	EN2	F
	{4 x 25 on :45 Sprint kick	EN2	F
400	2 x 200 on 2:45 Pulls	EN1	F
6x{	1 x 100 on 1:30 Individual Medley	EN1	S
	{1 x 50 on :45 Freestyle	EN1	S
	{1 x 50 on 1:00 Stroke Drills-non fr	REC	I
250	10 x 25 on :40 Stroke Drills	REC	I
6:40 PM 3,000 Yards - Stress Value = 27			

Workout #1292 - Wednesday, 14 March 2001

Group 3 - Sectional

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WC
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
1x{	1 x 200 on 4:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
1x{	2 x 75 on 1:15 Pulls no br L.5 yds	EN1	
	{2 x 75 on 1:10 Pulls no br L.10 yds	EN1	
	{2 x 75 on 1:05 Pulls no br L.15 yds	EN1	
	{2 x 75 on 1:00 Pulls no br L.20 yds	EN1	
300	12 x 25 on :30 IM order-build	EN1	
100	1 x 100 on 6:00 Broken at the 25's	SP2	
	10 seconds rest		
450	9 x 50 on 1:00 Stroke Drills	REC	
6:43 PM 3,000 Yards - Stress Value = 39			

Workout #1293 - Thursday, 15 March 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start		
Yards	Set Description	EGY WOF
	1 on 20:00 Stomach and Stretch	
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC
150	10 x 15 on :30 Shooters	SP3
2x{	1 x 150 on 3:00 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
1x{	5 x 50 on :55 Pulls-nbbf&w	EN1
	{5 x 50 on :50 Pulls-nbbf&w	EN1
	{5 x 50 on :45 Pulls-nbbf&w	EN1
1x{	2 x 150 on 2:00 Freestyle	EN1
	{2 x 150 on 1:55 Freestyle	EN1
	{2 x 150 on 1:50 Freestyle	EN1
250	5 x 50 on 1:00 Stroke Drills	REC
6:39 PM 3,250 Yards - Stress Value = 33		

Workout #1294 - Friday, 16 March 2001

Group 3 - All

1 minute rest between sets

5:00 PM Start		
Yards	Set Description	EGY WC
	1 on 20:00 Stomach and Stretch	
600	6 x 100 on 2:00 Stroke Drills	REC
10x{	1 x 15 on :00 Freestyle	SP3
	{1 x 10 on :30 Freestyle	REC
3x{	1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:45 Kick	EN2
600	2 x 300 on 4:30 Pulls mid 100 br ev9	EN1
1x{	8 x 25 on :35 Butterfly	EN1
	{8 x 25 on :30 Backstroke	EN1
	{8 x 25 on :40 Breaststroke	EN1
	{8 x 25 on :25 Freestyle	EN1
300	1 x 300 on 5:00 Stroke Drills	REC
6:26 PM 3,150 Yards - Stress Value = 32		

Workout #1295 - Tuesday, 17 April 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start		
Yards	Set Description	EGY WOF
	1 on 20:00 Stomach and Stretch	
	1 on 10:00 Sculling drills	REC
800	8 x 100 on 2:00 Stroke Drills-all fr	REC
210	14 x 15 on :30 Pit sprints	SP3
1x{	6 x 50 on 1:15 Kick	EN1
	{6 x 50 on 1:10 Kick	EN2
	{6 x 50 on 1:05 Kick	EN1
1x{	2 x 100 on 1:40 Pulls	EN1
	{2 x 100 on 1:35 Pulls	EN1
	{2 x 100 on 1:30 Pulls	EN1
	{2 x 100 on 1:25 Pulls	EN1
	1 on 15:00 Techniques-Tennessee	
	turn drills	
200	2 x 100 on 2:00 Individual Medley	EN1
1,000	4 x 250 on 3:30 3:00 swims :30 rest	EN1
500	10 x 50 on 1:00 Stroke Drills	REC
7:31 PM 4,410 Yards - Stress Value = 40		

Workout #1296 - Wednesday, 18 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 20:00 Stomach and Stretch		L
825	1 x 825 on 16:00 Reverse IM drill	REC	D
	1 on 10:00 Techniques-finishes		D
12x	{1 x 15 on :00 Freestyle	SP3	S
	{1 x 10 on :30 Freestyle	REC	S
3x	{1 x 150 on 3:15 Kick	EN1	K
	{4 x 25 on :45 Sprint kick	EN1	K
1x	{1 x 200 on 3:05 Pulls	EN1	P
	{1 x 200 on 3:00 Pulls	EN1	P
	{1 x 200 on 2:55 Pulls	EN1	P
	{1 x 200 on 2:50 Pulls	EN1	P
	{1 x 200 on 2:45 Pulls	EN1	P
300	12 x 25 on :30 IM order-build	EN1	S
	1x{4 x 75 on 1:15 Freestyle	EN1	S
	{5 x 75 on 1:10 Freestyle	EN1	S
	{6 x 75 on 1:05 Freestyle	EN1	S
	{7 x 75 on 1:00 Freestyle	EN1	S
250	10 x 25 on :40 Stroke Drills	REC	D
	7:25 PM 5,075 Yards - Stress Value = 43		

Workout #1297 - Thursday, 19 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-starts		
180	12 x 15 on :30 Shooters	SP3	
3x	{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
1x	{1 x 400 on 5:20 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:35 Pulls	EN1	
400	8 x 50 on 1:00 25 free 25 stroke	EN1	
	2 on each stroke		
4x	{4 x 25 on :30 Freestyle	EN1	
	{3 x 25 on :25 Freestyle	EN1	
	{2 x 25 on :20 Freestyle	EN1	
	{1 x 25 on :15 Freestyle	EN1	
	{1 x 200 on 4:00 Freestyle	REC	
	7:27 PM 5,080 Yards - Stress Value = 40		

Workout #1298 - Friday, 20 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 20:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills	REC	
12x	{1 x 15 on :00 Choice	SP3	
	{1 x 10 on :30 Freestyle	REC	
1x	{2 x 100 on 1:45 Kick with flippers	EN1	
	{2 x 100 on 1:40 Kick with flippers	EN1	
	{2 x 100 on 1:35 Kick with flippers	EN1	
1x	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{4 x 50 on :55 Pulls-nbbf&w	EN1	
	{4 x 50 on :50 Pulls-nbbf&w	EN1	
400	4 x 100 on 1:40 Descend to ludicrous speed	EN2	

200 1 x 200 on 3:00 Stroke Drills REC
 1 on 25:00 Water polo
 6:58 PM 2,900 Yards - Stress Value = 27

Workout #1299 - Saturday, 21 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	7:30 AM Start		
	1 on 25:00 Stomach and Stretch		L
825	1 x 825 on 15:00 Reverse IM drill	REC	D
210	14 x 15 on :30 Cross pool sprints	SP3	S
1x	{3 x 125 on 2:40 Kick	EN1	K
	{3 x 125 on 2:35 Kick	EN1	K
	{2 x 125 on 2:30 Kick	EN1	K
	{1 x 100 on 2:30 Kick for time	EN3	K
1x	{1 x 300 on 4:30 Pulls	EN1	P
	{2 x 150 on 2:15 Pulls	EN1	P
	{3 x 100 on 1:30 Pulls	EN1	P
400	{4 x 75 on 1:05 Pulls	EN1	P
	1 x 400 on 7:00 Every 2nd lap fast free every 3rd stroke	EN1	S
1x	{4 x 100 on 1:45 Individual Medley	EN1	S
	{4 x 50 on :35 Freestyle	EN2	S
	{4 x 100 on 1:40 Individual Medley	EN1	S
	{4 x 50 on :40 Freestyle	EN2	S
	{4 x 100 on 1:35 Individual Medley	EN1	S
	{4 x 50 on :45 Freestyle	EN1	S
400	1 x 400 on 7:00 Stroke Drills	REC	D
	9:47 AM 5,935 Yards - Stress Value = 62		

Workout #1300 - Monday, 23 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:15 AM Start		
425	1 x 425 on 8:00 Stroke Drills	REC	I
210	14 x 15 on :30 Pit sprints	SP3	S
900	12 x 75 on 1:20 25 kick 25 drill 25 swim 3 on each stroke	EN1	S
1x	{2 x 150 on 2:20 Pulls	EN1	F
	{2 x 150 on 2:15 Pulls	EN1	F
	{2 x 150 on 2:10 Pulls	EN1	F
	{2 x 150 on 2:05 Pulls	EN1	F
1x	{5 x 25 on :35 Freestyle	EN1	S
	{5 x 25 on :30 Freestyle	EN1	S
	{5 x 25 on :25 Freestyle	EN1	S
	{5 x 25 on :20 Freestyle	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	6:27 AM 3,635 Yards - Stress Value = 33		

Workout #1301 - Monday, 23 April 2001

6:29 AM 3,735 Yards - Stress Value = 36

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
800	1 on 30:00 Bolles school & stre	REC	
	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
12x	{1 x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
	1 on 10:00 Techniques-Tennesse		
6x	{1 x 100 on 2:15 Kick 100% effort	EN3	
	{1 x 100 on 2:00 Kick	EN1	
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-5		
	evens br 2-4-6-4		
300	1 x 300 on 5:00 Individual Medley	EN1	
	build each 25		
	1x{2 x 200 on 2:45 Freestyle	EN2	
	{2 x 200 on 2:40 Freestyle	EN2	
	{2 x 200 on 2:35 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:31 PM	5,200 Yards - Stress Value = 88		

Workout #1302 - Tuesday, 24 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
800	1 on 40:00 Run and Stretch		
	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
10x	{1 x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
2x	{1 x 150 on 3:00 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{6 x 25 on :30 Kick	EN2	
900	3 x 300 on 4:00 Pulls	EN1	
300	6 x 50 on :45 Freestyle	EN1	
	1x{1 x 300 on 4:30 Freestyle	EN1	
	{3 x 100 on 1:10 Freestyle	EN2	
	{1 x 300 on 4:20 Freestyle	EN1	
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 x 300 on 4:10 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:31 PM	5,450 Yards - Stress Value = 69		

Workout #1303 - Wednesday, 25 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:15 AM	Start			
425	1 x 425 on 8:00 Reverse IM drill	REC	D	I
210	14 x 15 on :30 Pit sprints	SP3	S	E
1x	{5 x 50 on 1:00 Pulls-nbbf&w	EN1	P	F
	{5 x 50 on :55 Pulls-nbbf&w	EN1	P	F
	{5 x 50 on :50 Pulls-nbbf&w	EN1	P	F
	{5 x 50 on :45 Pulls-nbbf&w	EN1	P	F
1x	{3 x 125 on 2:10 IM w/ 50 fly	EN1	S	I
	{3 x 125 on 2:05 IM w/ 50 back	EN1	S	I
	{3 x 125 on 2:15 IM w/ 50 breast	EN1	S	I
	{3 x 125 on 2:00 IM w/ 50 free	EN1	S	I
1x	{4 x 25 on :30 Freestyle	EN1	S	F
	{4 x 25 on :25 Freestyle	EN1	S	F
	{4 x 25 on :20 Freestyle	EN1	S	F
	{4 x 25 on :15 Freestyle	EN1	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C

Workout #1304 - Wednesday, 25 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
825	1 on 20:00 Stomach and Stretch		
150	1 x 825 on 15:00 Choice	REC	
	10 x 15 on :30 Cross pool sprints	SP3	
	all under h20		
	1 on 9:00 Techniques-finishes		
1,000	1x{1 x 500 on 10:00 Kick	EN1	
	{5 x 100 on 2:00 Kick ALL OUT!!!!	EN3	
1,250	1x{4 x 125 on 2:00 Pulls no br L.10 yds	EN1	
	{3 x 125 on 2:00 Pulls no br L.15 yds	EN1	
	{3 x 125 on 2:00 Pulls no br L.20 yds	EN1	
300	1 x 300 on 4:30 Every 3rd lap fast	EN1	
1,900	1x{4 x 75 on 1:15 Freestyle	EN1	
	{4 x 25 on :30 Free all under :15	EN3	
	{4 x 75 on 1:10 Freestyle	EN1	
	{6 x 25 on :30 Free all under :15	EN3	
	{4 x 75 on 1:05 Freestyle	EN1	
	{8 x 25 on :30 Free all under :15	EN3	
	{4 x 75 on 1:00 Freestyle	EN1	
	{10 x 25 on :30 Free all under :15	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:30 PM	5,625 Yards - Stress Value = 111		

Workout #1305 - Thursday, 26 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
800	1 on 40:00 Running and stretch		
	8 x 100 on 2:00 Stroke Drills	REC	
	odds free evens choi		
	1 on 10:00 Techniques-open trns		
300	12x{1 x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
900	18 x 50 on 1:05 Kick des in 3's	EN2	
1,000	1x{1 x 250 on 3:45 Pulls	EN1	
	{1 x 250 on 3:40 Pulls	EN1	
	{1 x 250 on 3:35 Pulls	EN1	
	{1 x 250 on 3:30 Pulls	EN1	
1,350	3x{3 x 150 on 2:15 100 free 50 non free	EN1	
	{1 on :45 Rest		
7:29 PM	4,350 Yards - Stress Value = 47		

Workout #1306 - Friday, 27 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 AM	Start		
425	1 x 425 on 8:00 Reverse IM drill	REC	
180	12 x 15 on :30 Pit sprints	SP3	
2,000	1x{1 x 1000 on 14:00 Pulls	EN1	
	{2 x 500 on 6:45 Pulls	EN1	
1,200	6x{1 x 100 on 1:20 Individual Medley	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on 1:00 Freestyle-EZ	REC	
400	4 x 100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed		
200	1 x 200 on 3:00 Stroke Drills	REC	
6:29 AM	4,405 Yards - Stress Value = 53		

Workout #1307 - Friday, 27 April 2001

6:28 AM 4,035 Yards - Stress Value = 39

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK S
	5:15 PM Start		
600	1 on 30:00 Bolles school & struc	REC	S C
300	1 x 600 on 10:00 Choice	EN2	K C
500	3 x 100 on 2:00 Kick	EN1	S
600	10 x 50 on :55 Down easy back fast	EN1	S
200	6 x 100 on 1:30 Descend in sets of 3	EN1	S
200	4 x 50 on 1:00 OTB 25 fast 25 ez	REC	D
200	1 x 200 on 3:00 Stroke Drills		S
	1 on 27:00 Water polo		
	6:59 PM 2,400 Yards - Stress Value = 19		

Workout #1310 - Monday, 30 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:15 PM Start		
	1 on 30:00 Bolles school 2X and stretching		
800	1 x 800 on 16:00 Reverse IM drill	REC	
	1 on 10:00 Techniques-Stanford turn drills		
300	12x{1 x 15 on :00 Freestyle		SP3
	{1 x 10 on :30 Freestyle		REC
1,000	1x{2 x 100 on 2:05 Kick		EN2
	{2 x 100 on 2:00 Kick		EN2
	{2 x 100 on 1:55 Kick		EN2
	{2 x 100 on 1:50 Kick		EN2
	{2 x 100 on 1:45 Kick		EN2
1,350	1x{3 x 150 on 2:15 Pulls-nbbf&w		EN1
	{3 x 150 on 2:15 Pulls mid 50 br ev 8		EN1
	{3 x 150 on 2:15 Pulls last 25 2 brth		EN1
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,000	8 x 250 on 3:30 3:00 swims :30 rest	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:45 PM 6,300 Yards - Stress Value = 85		

Workout #1308 - Saturday, 28 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
900	3x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
2,000	1x{4 x 100 on 1:30 Pulls	EN1	
	{3 x 200 on 2:50 Pulls	EN1	
	{2 x 300 on 4:00 Pulls	EN1	
	{1 x 400 on 5:00 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,100	1x{6 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:15 Freestyle	EN2	
250	10 x 25 on :30 Stroke Drills	REC	
	9:58 AM 6,585 Yards - Stress Value = 91		

Workout #1311 - Tuesday, 01 May 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:15 PM Start		
	1 on 40:00 Running and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12x{1 x 15 on :00 Butterfly		SP3
	{1 x 10 on :30 Freestyle		REC
1,200	2x{2 x 125 on 2:30 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
1,200	3 x 400 on 5:30 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,400	1x{1 x 200 on 3:00 Backstroke	EN2	
	{6 x 25 on :45 Back 15m under water	EN2	
	{1 x 200 on 2:55 Backstroke	EN2	
	{6 x 25 on :45 back 15m under water	EN2	
	{1 x 200 on 2:50 Backstroke	EN2	
	{6 x 25 on :45 Back 15m under water	EN2	
	{1 x 200 on 2:45 Backstroke	EN2	
	{6 x 25 on :45 Back 15m under water	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM 5,500 Yards - Stress Value = 74		

Workout #1309 - Monday, 30 April 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:15 AM Start		
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
1,350	1x{8 x 75 on 1:15 Lungbuster pulls	EN1	
	{6 x 75 on 1:10 Lungbuster pulls	EN1	
	{4 x 75 on 1:05 Lungbuster pulls	EN1	
	{ odds br 5-7-9		
	{ evens br 4-6-8		
1,800	2x{1 x 150 on 2:15 Freestyle 2 beat kck	EN1	
	{1 x 150 on 2:15 Freestyle 4 beat kck	EN1	
	{1 x 150 on 2:15 Freestyle 6 beat kck	EN1	
	{1 x 100 on 1:30 Freestyle 2 beat kck	EN1	
	{1 x 100 on 1:30 Freestyle 4 beat kck	EN1	
	{1 x 100 on 1:30 Freestyle 6 beat kck	EN1	
	{1 x 50 on :45 Freestyle 2 beat kck	EN1	
	{1 x 50 on :45 Freestyle 4 beat kck	EN1	
	{1 x 50 on :45 Freestyle 6 beat kck	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	

Workout #1312 - Wednesday, 02 May 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 AM	Start		
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Pit sprints	SP3	S
1,200	6 x 200 on 2:45 Pulls	EN1	P
400	1 x 400 on 8:00 Individual Medley	EN1	S
	25 kick 25 drill		
	50 build		
1,800	12 x 150 on 2:15 Descend in sets of 3	EN3	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
6:30 AM	4,255 Yards - Stress Value = 131		

Workout #1313 - Wednesday, 02 May 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 25 on :25 Kick	EN2	
1,500	1x{2 x 250 on 3:30 Pulls	EN1	
	{2 x 250 on 3:25 Pulls	EN1	
	{2 x 250 on 3:20 Pulls	EN1	
300	6 x 50 on :50 Freestyle	EN1	
1,850	1x{6 x 75 on 1:25 Breaststroke	EN1	
	{6 x 75 on 1:20 Breaststroke	EN1	
	{6 x 75 on 1:15 Breaststroke	EN2	
	{1 x 200 on 3:00 Freestyle	REC	
	{12 x 25 on 1:00 Breast from a dive	EN3	
	{10 pushups aftr each		
400	8 x 50 on 1:00 Stroke Drills	REC	
7:44 PM	6,055 Yards - Stress Value = 80		

Workout #1314 - Thursday, 03 May 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 PM	Start		
	1 on 39:00 Running and stretch		L I
800	1 x 800 on 15:00 Choice	REC	S C
150	10 x 15 on :30 Backstroke	SP3	S
1,000	1x{3 x 100 on 2:10 Kick-descend	EN2	K C
	{3 x 100 on 2:05 Kick-descend	EN2	K C
	{3 x 100 on 2:00 Kick-descend	EN2	K C
	{1 x 100 on 2:00 Kick for time	EN3	K C
1,000	2 x 500 on 6:45 Pulls	EN1	P
500	4 x 125 on 2:15 Individual Medley	EN1	S
	odds 50 back evens		
	50 breast		
2,100	2x{5 x 50 on 1:00 Butterfly	EN1	S F
	{1 x 100 on 1:30 Freestyle	EN1	S
	{5 x 50 on :55 Butterfly	EN1	S F
	{1 x 100 on 1:30 Freestyle	EN1	S
	{5 x 50 on :50 Butterfly	EN1	S F
	{1 x 100 on 1:30 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
7:45 PM	5,800 Yards - Stress Value = 66		

Workout #1315 - Friday, 04 May 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:15 AM	Start		
425	1 x 425 on 8:00 Choice	REC	S C
180	12 x 15 on :30 Pit sprints	SP3	S
	3 on each stroke		
1,200	2x{1 x 300 on 4:30 Pulls-nbbf&w	EN1	P
	{3 x 100 on 1:30 Lungbuster pulls	EN1	P
	{ breathe 4-5-6-7		
2,250	1x{6 x 50 on :45 Freestyle	EN1	S
	{1 x 200 on 3:30 Individual Medley	EN1	S
	{5 x 75 on 1:05 Freestyle	EN2	S
	{1 x 150 on 2:30 Backstroke	EN1	S
	{4 x 100 on 1:20 Freestyle	EN2	S
	{1 x 100 on 1:35 Breaststroke	EN2	S
	{3 x 125 on 1:35 Freestyle	EN2	S
	{1 x 50 on :45 Butterfly	EN2	S F
	{2 x 150 on 1:50 Freestyle	EN2	S
250	5 x 50 on 1:00 Stroke Drills	REC	S
6:28 AM	4,305 Yards - Stress Value = 59		

Workout #1316 - Friday, 04 May 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
	1 on 35:00 Bolles school 2x		
	and stretch		
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	
250	10x{1 x 15 on :00 Breaststroke	SP3	
	{1 x 10 on :30 Freestyle	REC	
400	4 x 100 on 2:00 Kick-ALL OUT	EN2	
800	1x{1 x 200 on 3:00 Free Last 50 fast	EN1	
	{1 x 200 on 3:00 Free last 100 fast	EN2	
	{1 x 200 on 3:00 Free last 150 fast	EN3	
	{1 x 200 on 3:00 Freestyle-all fast	SP2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 30:00 Water polo		
7:00 PM	2,050 Yards - Stress Value = 52		

Workout #1317 - Saturday, 05 May 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:30 PM	Start		
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
900	1x{3 x 150 on 3:00 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{8 x 25 on :45 Sprint kick	EN3	
1,200	4x{1 x 200 on 3:00 Pulls	EN1	
	{4 x 25 on :40 Pulls-no breath	EN1	
400	1 x 400 on 7:00 Individual Medley	EN1	
	25 kick 25 drill		
	50 fast		
2,000	10 x 200 on 3:00 Challenge set!!!!	EN3	
400	1x{4 x 25 on :30 Freestyle	EN1	
	{4 x 25 on :25 Freestyle	EN1	
	{4 x 25 on :20 Freestyle	EN2	
	{4 x 25 on :15 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
10:00 PM	6,235 Yards - Stress Value = 176		

Workout #1318 - Monday, 07 May 2001

1 minute rest between sets

Group 3 - All

1 minute rest between sets

5:15 AM Start		EGY	WORK	ST
Yards	Set Description			
425	1 x 425 on 8:00 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Pit sprints	SP3	S	ST
2,000	1x{1 x 400 on 6:00 Pulls	EN1	P	F
	{2 x 300 on 4:30 Pulls	EN1	P	F
	{3 x 200 on 3:00 Pulls	EN1	P	F
	{4 x 100 on 1:30 Pulls	EN1	P	F
1,500	1x{4 x 125 on 1:50 Freestyle	EN1	S	F
	{4 x 125 on 1:45 Freestyle	EN1	S	F
	{4 x 125 on 1:40 Freestyle	EN1	S	F
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
6:30 AM 4,405 Yards - Stress Value = 42				

5:15 AM Start		EGY	WORK	ST
Yards	Set Description			
425	1 x 425 on 8:00 Reverse IM drill	REC	D	I
210	14 x 15 on :30 Pit sprints	SP3	S	ST
1,200	1x{5 x 75 on 1:10 Pulls no br L. 5 yds	EN1	P	F
	{5 x 75 on 1:10 Pulls no br L.10 yds	EN1	P	F
	{5 x 75 on 1:10 Pulls no br L.15 yds	EN1	P	F
	{1 x 75 on 1:10 Pulls no br L.20 yds	EN1	P	F
2,000	1x{4 x 100 on 1:30 Freestyle	EN1	S	F
	{4 x 25 on :30 Butterfly	EN1	S	F
	{4 x 100 on 1:25 Freestyle	EN1	S	F
	{4 x 25 on :30 Backstroke	EN1	S	F
	{4 x 100 on 1:20 Freestyle	EN1	S	F
	{4 x 25 on :30 Breaststroke	EN1	S	F
	{4 x 100 on 1:15 Freestyle	EN1	S	F
	{4 x 25 on :30 Freestyle	EN1	S	F
200	1 x 200 on 3:00 Reverse IM drill	EN3	S	F
off the blocks				
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
6:30 AM 4,235 Yards - Stress Value = 53				

Workout #1319 - Monday, 07 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start		EGY	WOF
Yards	Set Description		
	1 on 38:00 Bolles School&strtch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
1,000	5x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
1,200	1x{8 x 50 on :50 Pulls	EN1	
	{8 x 50 on :45 Pulls	EN1	
	{8 x 50 on :40 Pulls	EN1	
300	3 x 100 on 1:45 Individual Medley	EN1	
2,400	1x{1 x 800 on 10:30 Freestyle	EN2	
	{1 x 800 on 10:15 Freestyle	EN2	
	{1 x 800 on 10:00 Freestyle	EN2	
400	4 x 100 on 1:30 Descend to Ludicorus speed	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:45 PM 6,500 Yards - Stress Value = 92			

Workout #1322 - Wednesday, 09 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start		EGY	WC
Yards	Set Description		
	1 on 30:00 Stomach and Stretch0		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
1,250	2x{4 x 50 on 1:00 Kick	EN2	
	{3 x 75 on 1:30 Kick	EN2	
	{2 x 100 on 2:00 Kick w/out a board	EN2	
1,200	1x{3 x 200 on 2:45 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN1	
	{1 x 200 on 2:35 Pulls	EN1	
1,000	10 x 100 on 1:30 Descend in sets of 3 hold #10 as fast as9	EN2	
1,575	1x{4 x 100 on 1:45 Breaststroke	EN2	
	{3 x 100 on 1:40 Breaststroke	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{4 x 75 on 1:20 Breaststroke	EN2	
	{3 x 75 on 1:15 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
7:45 PM 6,500 Yards - Stress Value = 94			

Workout #1320 - Tuesday, 08 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start		EGY	WC
Yards	Set Description		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
300	12x{1 x 15 on :00 Freestyle	SP3	
	{1 x 10 on :30 Freestyle	REC	
1,200	3x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:00 Kick w/out a board	EN2	
1,350	1x{4 x 150 on 2:15 Pulls-nbbf&w	EN1	
	{3 x 150 on 2:10 Pulls mid 50 br ev 9	EN1	
	{2 x 150 on 2:05 Lungbuster pulls	EN1	
	{ br 6-7-8 by the 50		
350	7 x 50 on :50 25 stroke 25 free	EN1	
1,800	1x{8 x 75 on 1:10 Backstroke	EN1	
	{8 x 75 on 1:05 Backstroke	EN1	
	{8 x 75 on 1:00 Backstroke	EN2	
500	20 x 25 on :30 IM order	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:45 PM 6,600 Yards - Stress Value = 77			

Workout #1323 - Thursday, 10 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start		EGY	WOF
Yards	Set Description		
	1 on 40:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Backstroke	SP3	
1,000	1x{3 x 125 on 2:45 Kick L 50 under H20	EN2	
	{3 x 125 on 2:35 Kick L50 under H20	EN2	
	{2 x 125 on 2:25 Kick L 50 under H20	EN2	
1,500	5 x 300 on 4:00 Pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
1,400	4x{8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
	{6 x 25 on :20 Freestyle	EN2	
	{1 on 1:00 Rest		
250	1 x 250 on 4:00 Stroke Drills	REC	
7:45 PM 5,500 Yards - Stress Value = 74			

Workout #1321 - Wednesday, 09 May 2001

Group 3 - All

Workout #1324 - Friday, 11 May 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WORK	ST
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	
180	12 x 15 on :30 Pit sprints	SP3	S	
1,000	1x{1 x 100 on 1:15 Pulls	EN1	F	
	{1 x 200 on 2:30 Pulls	EN1	F	
	{1 x 300 on 3:45 Pulls	EN1	F	
	{1 x 400 on 5:00 Pulls	EN1	F	
2,400	1x{2 x 100 on 1:45 Individual Medley	EN1	S	
	{5 x 50 on :40 Freestyle	EN2	S	
	{3 x 100 on 1:40 Individual Medley	EN1	S	
	{5 x 50 on :45 Freestyle	EN1	S	
	{4 x 100 on 1:35 Individual Medley	EN2	S	
	{5 x 50 on :50 Freestyle	EN1	S	
	{5 x 100 on 1:30 Individual Medley	EN2	S	
	{5 x 50 on :55 Freestyle	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	I	

6:28 AM 4,180 Yards - Stress Value = 51

Workout #1325 - Friday, 11 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch	REC	L DF	
400	1 x 400 on 8:00 Stroke Drills	REC	D C	
150	10 x 15 on :30 Shooters	SP3	S FI	
400	4 x 100 on 2:00 Kick	EN2	K CF	
400	4 x 100 on 1:30 Lungbuster pulls	EN1	P F	
400	8 x 50 on 1:00 DEBF 1-4 free 5-8str	EN1	S CF	
100	2 x 50 on 1:00 OTB	EN1	S CF	
200	1 x 200 on 3:00 Stroke Drills	REC	D C	
	1 on 29:00 Water polo		S	

7:00 PM 2,050 Yards - Stress Value = 23

Workout #1326 - Saturday, 12 May 2001

Group 3 - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch			
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	S	
300	12x{1 x 15 on :00 Choice	SP3	S	
	{1 x 10 on :30 Freestyle	REC	S	
1,000	2x{1 x 100 on 2:15 Kick	EN2	P	
	{1 x 100 on 2:00 Kick last 25 sprint	EN2	P	
	{1 x 100 on 1:55 Kick last 50 sprint	EN2	P	
	{1 x 100 on 1:50 Kick last 75 sprint	EN2	P	
	{1 x 100 on 1:45 Kick all sprint	EN2	P	
1,400	4x{2 x 100 on 1:25 Pulls	EN1	S	
	{3 x 50 on 1:00 Pulls 1 breath/25	EN1	S	
600	3 x 200 on 3:30 Individual Medley	EN1	S	
	25 kick 25 drill			
1,200	16 x 75 on 1:30 Freestyle	EN3	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	

9:59 AM 6,025 Yards - Stress Value = 119

Workout #1327 - Monday, 14 May 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WORK	ST

Yards	Set Description	EGY	WORK	ST
425	1 x 425 on 8:00 Reverse IM drill	REC	S	
210	14 x 15 on :30 Pit sprints	SP3	S	
1,600	1x{3 x 200 on 3:00 Pulls	EN1	F	
	{3 x 200 on 2:55 Pulls	EN1	F	
	{2 x 200 on 2:50 Pulls	EN1	F	
1,250	1x{4 x 125 on 2:00 100 free 25 stroke	EN1	S	
	{3 x 125 on 1:55 100 free 25 stroke	EN1	S	
	{2 x 125 on 1:50 100 free 25 stroke	EN1	S	
	{1 x 125 on 1:45 100 free 25 stroke	EN1	S	
400	4 x 100 on 1:30 Freestyle descend to	EN3	F	
	ludicrous speed			
250	5 x 50 on 1:00 Stroke Drills	REC	I	

6:30 AM 4,135 Yards - Stress Value = 60

Workout #1328 - Monday, 14 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 39:00 Bolles 3X & stretch		I	
800	1 x 800 on 15:00 Choice	REC	S	
250	10x{1 x 15 on :00 Freestyle	SP3	S	
	{1 x 10 on :30 Freestyle	REC	S	
1,100	4x{2 x 100 on 2:00 Kick	EN2	F	
	{3 x 25 on :40 Sprint kick	EN2	F	
1,200	1x{4 x 100 on 1:25 Pulls	EN1	F	
	{4 x 100 on 1:20 Pulls	EN1	F	
	{4 x 100 on 1:15 Pulls	EN1	F	
200	1 x 200 on 3:00 Free build each 25	EN1	S	
2,500	1x{1 x 500 on 7:15 Freestyle	EN1	S	
	{1 x 500 on 7:00 Freestyle	EN2	S	
	{1 x 500 on 6:45 Freestyle	EN2	S	
	{1 x 500 on 8:00 Freestyle	REC	S	
	{1 x 500 on 6:00 Freestyle	EN3	S	
400	4 x 100 on 1:45 Stroke Drills	REC	I	

7:45 PM 6,450 Yards - Stress Value = 97

Workout #1329 - Tuesday, 15 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Plyometrics/stretch		L	
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	2 on each stroke			
180	12 x 15 on :30 Shooters	SP3	S	
1,200	6x{3 x 50 on 1:00 Kick	EN2	K	
	{1 x 50 on :50 Kick	EN2	K	
1,800	2x{4 x 50 on :45 Pulls-nbbf&w	EN1	P	
	{4 x 75 on 1:05 Pulls 1 brth L.25	EN1	P	
	{4 x 100 on 1:30 Lungbuster pulls	EN1	P	
400	1 x 400 on 7:00 Individual Medley	EN1	S	
	50 drill 50 build			
1,600	1x{6 x 50 on 1:00 Backstroke	EN1	S	
	{1 x 100 on 2:00 Backstroke all out	EN3	S	
	{6 x 50 on :55 Backstroke	EN1	S	
	{1 x 100 on 2:00 Backstroke all out	EN3	S	
	{6 x 50 on :50 Backstroke	EN2	S	
	{1 x 100 on 2:00 Backstroke allout	EN3	S	
	{6 x 50 on :45 Backstroke	EN2	S	
	{1 x 100 on 2:00 Backstroke all out	EN3	S	
300	12 x 25 on :30 Stroke Drills	REC	D	

7:45 PM 6,280 Yards - Stress Value = 95

Workout #1330 - Wednesday, 16 May 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start			
Yards	Set Description	EGY	WORK
425	1 x 425 on 7:00 Swim-kick-pull-swim	REC	S
150	10 x 15 on :30 Pit sprints	SP3	S
	all from a dive		
1,500	1x{2 x 250 on 3:45 Pulls	EN1	F
	{2 x 200 on 2:50 Pulls	EN1	F
	{2 x 150 on 2:00 Pulls	EN1	F
	{2 x 100 on 1:15 Pulls	EN1	F
	{2 x 50 on :35 Pulls	EN1	F
2,100	1x{1 x 400 on 6:00 Individual Medley	EN2	S
	{6 x 25 on :30 Odds free evens fly	EN1	S
	{1 x 300 on 4:30 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens back	EN1	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens brst	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{6 x 25 on :30 Freestyle	EN1	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 400 on 6:00 IM for time OTB	SP2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:30 AM 4,375 Yards - Stress Value = 89			

Group 3 - All

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WORK
	1 on 30:00 Plyometrics/stretch		L I
800	1 x 800 on 16:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{2 x 100 on 2:00 Kick	EN2	K C
	{2 x 100 on 1:55 Kick	EN2	K C
	{2 x 100 on 1:50 Kick	EN2	K C
	{2 x 100 on 1:45 Kick	EN2	K C
	{2 x 100 on 1:40 Kick	EN2	K C
1,600	1x{2 x 400 on 6:00 Pulls	EN1	P
	{2 x 400 on 5:30 Pulls	EN1	P
400	8 x 50 on :50 25 free 25 stroke	EN1	S C
2,400	2x{1 x 200 on 3:20 Butterfly	EN1	S F
	{1 x 100 on 1:30 Freestyle	EN1	S
	{2 x 100 on 1:40 Butterfly	EN1	S F
	{1 x 100 on 1:30 Freestyle	EN1	S
	{4 x 50 on :50 Butterfly	EN1	S F
	{1 x 100 on 1:30 Freestyle	EN1	S
	{8 x 25 on :25 Butterfly	EN1	S F
	{1 x 100 on 1:30 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
7:45 PM 6,630 Yards - Stress Value = 71			

Workout #1331 - Wednesday, 16 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,050	3x{3 x 50 on 1:00 Kick	EN2	S
	{2 x 100 on 1:45 Kick	EN2	S
900	1x{3 x 100 on 1:30 Lungbuster pulls	EN1	S
	{3 x 100 on 1:25 Lungbuster pulls	EN1	S
	{3 x 100 on 1:20 Lungbuster pulls	EN1	S
400	16 x 25 on :30 IM order-build	EN1	S
2,800	2x{1 x 200 on 3:20 Breaststroke	EN2	S
	{1 x 200 on 3:15 Breaststroke	EN2	S
	{1 x 200 on 3:10 Breaststroke	EN2	S
	{1 x 200 on 3:10 Breaststroke	EN2	S
	{12 x 50 on 1:00 Stroke Drills	REC	S
7:43 PM 6,155 Yards - Stress Value = 73			

Workout #1334 - Friday, 18 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start			
Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L DF
	1 on 10:00 Sculling drills	REC	D CM
	1 on 15:00 Brick game	EN2	K CM
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S F
400	8 x 50 on 2:00 2 on each stroke OTB	SP1	S I
200	1 x 200 on 3:00 Stroke Drills	REC	D C
	1 on 20:00 Game-your choice		S
6:59 PM 1,000 Yards - Stress Value = 32			

Workout #1335 - Saturday, 19 May 2001

Group 3 - All

1 minute rest between sets

7:30 AM Start			
Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	S
210	14 x 15 on :30 Cross pool sprints	SP3	S
900	3x{1 x 150 on 3:00 Kick	EN2	S
	{1 x 100 on 2:00 Kick	EN2	S
	{1 x 50 on 1:00 Kick	EN2	S
100	1 x 100 on 2:00 Kick for time	EN3	S
2,000	1x{1 x 1000 on 15:00 Pulls	EN1	S
	{2 x 500 on 7:00 Pulls	EN1	S
300	6 x 50 on :45 Freestyle	EN1	S
2,000	10x{1 x 100 on 1:15 Individual Medley	EN2	S
	{1 x 50 on :35 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	REC	S
400	4 x 100 on 2:00 Stroke Drills	REC	S
10:00 AM 6,735 Yards - Stress Value = 85			

Workout #1332 - Thursday, 17 May 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start			
Yards	Set Description	EGY	WORK STK
425	1 x 425 on 8:00 Choice	REC	S CHO
180	12 x 15 on :30 Pit sprints	SP3	S CHO
1,800	1x{3 x 150 on 2:15 Pulls	EN1	P FR
	{3 x 150 on 2:10 Pulls	EN1	P FR
	{3 x 150 on 2:05 Pulls	EN1	P FR
	{3 x 150 on 2:00 Pulls	EN1	P FR
1,500	3x{4 x 125 on 2:00 Freestyle	EN3	S FR
	{1 on 1:00 Rest		M
	{ Hold fastest possibl		
	{ average		
250	1 x 250 on 4:00 Stroke Drills	REC	D CD
6:30 AM 4,155 Yards - Stress Value = 113			

Workout #1333 - Thursday, 17 May 2001

Workout #1336 - Monday, 21 May 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Pit sprints	SP3	
1,800	1x{3 x 200 on 2:50 Pulls	EN1	
	{3 x 200 on 2:45 Pulls	EN1	
	{3 x 200 on 2:40 Pulls	EN1	
1,500	1x{5 x 100 on 1:30 Freestyle	EN1	
	{4 x 100 on 1:25 Freestyle	EN1	
	{3 x 100 on 1:20 Freestyle	EN2	
	{2 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
300	12 x 25 on :30 IM order	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
6:30 AM 4,435 Yards - Stress Value = 50			

Workout #1339 - Wednesday, 23 May 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WORK	ST
425	1 x 425 on 8:00 Reverse IM drill	REC	D	I
180	12 x 15 on :30 Pit sprints	SP3	S	ST
2,000	1x{2 x 250 on 3:30 Pulls	EN1	P	E
	{2 x 250 on 3:25 Pulls	EN1	P	F
	{2 x 250 on 3:20 Pulls	EN1	P	F
1,600	1x{1 x 400 on 5:15 Freestyle	EN2	S	F
	{1 x 400 on 5:10 Freestyle	EN2	S	F
	{1 x 400 on 5:05 Freestyle	EN2	S	F
	{1 x 400 on 5:00 Freestyle	EN2	S	F
400	8 x 50 on 1:00 Stroke Drills	REC	D	C
6:29 AM 4,605 Yards - Stress Value = 59				

Workout #1337 - Monday, 21 May 2001

Group 3 - All

1 minute rest between sets

4:00 PM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{3 x 100 on 2:15 Kick	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{3 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
1,800	1x{4 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	{4 x 150 on 2:30 Pulls mid 50 br ev 8	EN1	
	{4 x 150 on 2:30 Pulls mid 50 br ev 9	EN1	
1,400	1x{1 x 400 on 6:00 Freestyle	EN1	
	{1 x 100 on 1:45 Your Stroke	EN1	
	{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 100 on 1:45 Your Stroke	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 100 on 1:45 Your Stroke	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:45 Your Stroke	EN1	
600	12 x 50 on 1:00 Descend in sets of 3	EN2	
300	3 x 100 on 2:15 Stroke Drills	REC	
6:01 PM 6,080 Meters - Stress Value = 79			

Workout #1340 - Wednesday, 23 May 2001

Group 3 - All

1 minute rest between sets

4:00 PM Start

Meters	Set Description	EGY	WOF
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters 3 on each	SP3	
1,000	1x{1 x 150 on 3:15 Kick	EN2	
	{1 x 150 on 3:10 Kick	EN2	
	{1 x 150 on 3:05 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
1,000	10 x 100 on 1:40 Lungbuster pulls	EN1	
	odds breathe 5-7		
	evens breathe 6-8		
300	3 x 100 on 1:45 Freestyle-descend	EN1	
2,000	4x{1 x 200 on 3:30 Individual Medley	EN1	
	{3 x 100 on 2:00 Stroke	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
6:00 PM 5,780 Meters - Stress Value = 64			

Workout #1338 - Tuesday, 22 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
800	1 x 800 on 15:00 Choice	REC	S	CHO
180	12 x 15 on :30 Shooters	SP3	S	FLY
1,000	1x{10 x 50 on 1:00 Kick	EN2	K	CHO
	{1 x 500 on 10:00 Kick for time	EN3	K	CHO
1,800	1x{8 x 75 on 1:10 Pulls	EN1	P	FR
	{8 x 75 on 1:05 Pulls	EN1	P	FR
	{8 x 75 on 1:00 Pulls	EN1	P	FR
300	12 x 25 on :30 IM order-build	EN1	S	IM
2,250	1x{3 x 100 on 1:30 Backstroke	EN2	S	BK
	{3 x 125 on 1:50 Backstroke	EN2	S	BK
	{3 x 150 on 2:10 Backstroke	EN2	S	BK
	{3 x 175 on 2:30 Backstroke	EN2	S	BK
	{3 x 200 on 2:50 Backstroke	EN2	S	BK
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD
7:45 PM 6,730 Yards - Stress Value = 113				

Workout #1341 - Thursday, 24 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Plyometrics/stretch		L I	
800	1 x 800 on 15:00 Choice	REC	S C	
180	12 x 15 on :30 Shooters	SP3	S	
1,000	1x{2 x 125 on 2:30 Kick	EN2	K C	
	{2 x 125 on 2:25 Kick	EN2	K C	
	{2 x 125 on 2:20 Kick	EN2	K C	
	{2 x 125 on 2:15 Kick	EN2	K C	
1,200	1x{8 x 50 on :50 Pulls	EN1	P	
	{8 x 50 on :45 Pulls	EN1	P	
	{8 x 50 on :40 Pulls	EN1	P	
400	1 x 400 on 7:00 Individual Medley	EN1	S	
	25 dr 25k 50 build			
2,000	4x{3 x 100 on 1:45 Stroke Drills	EN1	S	
	{4 x 50 on 1:00 Stroke descend	EN1	S	
400	1x{4 x 25 on :30 Freestyle	EN1	S	
	{4 x 25 on :25 Freestyle	EN1	S	
	{4 x 25 on :20 Freestyle	EN1	S	
	{4 x 25 on :15 Freestyle	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	7:45 PM 6,230 Yards - Stress Value = 68			

Workout #1342 - Friday, 25 May 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WORK	STK
425	1 x 425 on 8:00 Choice	REC	S CHO	
300	12 x 25 on :30 Pit sprints	SP3	S CHO	
1,000	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1	P FR	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	P FR	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	P FR	
	{5 x 50 on :45 Pulls-nbbf&w	EN1	P FR	
1,800	1x{1 x 400 on 5:40 Freestyle	EN1	S FR	
	{16 x 25 on :25 Freestyle	EN1	S FR	
	{1 x 300 on 4:15 Freestyle	EN1	S FR	
	{12 x 25 on :25 Freestyle	EN1	S FR	
	{1 x 200 on 2:50 Freestyle	EN1	S FR	
	{8 x 25 on :25 Freestyle	EN1	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	1 on 7:00 Techniques-starts		D	
	6:29 AM 3,725 Yards - Stress Value = 38			

Workout #1343 - Tuesday, 29 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		===
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	3x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
1,200	1x{4 x 150 on 2:00 Pulls	EN1	
	{4 x 150 on 1:50 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,500	5 x 500 on 6:00 Freestyle	EN2	
500	20 x 25 on :30 IM order	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	7:44 PM 6,980 Yards - Stress Value = 101		

Workout #1344 - Wednesday, 30 May 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		===
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Pit sprints	SP3	
1,000	1x{2 x 250 on 3:30 Pulls	EN1	
	{4 x 125 on 1:45 Pulls	EN1	
2,400	1x{4 x 150 on 2:20 100 fly 50 back	EN1	
	{4 x 150 on 2:20 100 back 50 breast	EN1	
	{4 x 150 on 2:20 100 breast 50 free	EN1	
	{4 x 150 on 2:20 100 free 50 fly	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:30 AM 4,285 Yards - Stress Value = 42		

Workout #1345 - Wednesday, 30 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 29:00 Stomach and Stretch		===
825	1 x 825 on 15:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{2 x 100 on 2:00 Kick	EN2	
	{4 x 25 on :45 Sprint kick	EN2	
1,600	1x{1 x 400 on 5:30 Pulls	EN1	
	{1 x 400 on 5:20 Pulls	EN1	
	{1 x 400 on 5:10 Pulls	EN1	
	{1 x 400 on 5:00 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
1,600	1x{1 x 100 on 1:45 Breaststroke	EN2	
	{8 x 25 on 1:00 From dive/10 pushups	EN2	
	{2 x 100 on 1:40 Breaststroke	EN2	
	{8 x 25 on 1:00 From dive/10 pushups	EN2	
	{3 x 100 on 1:35 Breaststroke	EN2	
	{8 x 25 on 1:00 From dive/10 pushups	EN2	
	{4 x 100 on 1:30 Breaststroke	EN2	
200	1 x 200 on 3:00 Choice	REC	
	7:45 PM 5,905 Yards - Stress Value = 79		

Workout #1346 - Thursday, 31 May 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Plyometrics/stretch		L I	
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
500	10 x 50 on 1:00 Kick	EN2	K C	
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	P	
	4x{1 x 25 on :40 Butterfly	EN1	S F	
	{1 x 25 on :35 Butterfly	EN1	S F	
	{1 x 25 on :30 Butterfly	EN1	S F	
	{1 x 25 on :25 Butterfly	EN2	S F	
	{1 on :50 Rest		M	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	6:45 PM 2,730 Yards - Stress Value = 32			

Workout #1347 - Friday, 01 June 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WORK	STK	FR
425	1 x 425 on 8:00 Choice	REC	S	CHO	
180	12 x 15 on :30 Choice	SP3	S	CHO	
	1x{2 x 300 on 4:10 Pulls	EN1	P		
	{2 x 300 on 4:00 Pulls	EN1	P		
	{2 x 300 on 3:50 Pulls	EN1	P		
4x{1 x 100 on 1:30 Free 2 beat kick	EN1	S			
{1 x 75 on 1:10 Free 4 beat kick	EN1	S			
{1 x 50 on :45 Free 6 beat kick	EN1	S			
{1 x 100 on :00 Freestyle for time	SP2	S			
{1 x 100 on 4:00 Freestyle	REC	S			
6:26 AM 4,105 Yards - Stress Value = 74					

1x{1 x 100 on 1:30 Pulls	EN1	P	FR
{1 x 200 on 3:00 Pulls	EN1	P	FR
{1 x 300 on 4:30 Pulls	EN1	P	FR
{1 x 400 on 6:00 Pulls	EN1	P	FR
{1 x 400 on 5:20 Pulls	EN1	P	FR
{1 x 300 on 4:00 Pulls	EN1	P	FR
{1 x 200 on 2:40 Pulls	EN1	P	FR
{1 x 100 on 1:20 Pulls	EN1	P	FR
1x{8 x 75 on 1:10 Freestyle	EN1	S	FR
{6 x 75 on 1:05 Freestyle	EN1	S	FR
{4 x 75 on 1:00 Freestyle	EN1	S	FR
200 8 x 25 on :30 Freestyle	EN2	S	FR
all fast!!!!			
200 1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:30 AM 4,355 Yards - Stress Value = 44			

Workout #1351 - Monday, 04 June 2001

Group 3 - All

1 minute rest between sets

Workout #1348 - Friday, 01 June 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	STK	FR
	1 on 30:00 Stomach and Stretch		L	DRY	
	1 on 10:00 Sculling drills	REC	D	CMB	
	1 on 15:00 Brick game	EN2	S	CMB	
	1 on 15:00 Techniques-relay str		D		
200	1 x 200 on 3:00 Freestyle-build	EN1	S	FR	1
1,000	1 x 1000 on 20:00 Killer relays	EN2	S	FR	2
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD	2
7:00 PM 1,700 Yards - Stress Value = 22					

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	5x{1 x 150 on 3:00 Kick	EN2	
	{1 x 50 on 1:00 Kick 100% EFFORT	EN2	
2,000	1x{1 x 1000 on 15:00 Pulls	EN1	
	{2 x 500 on 7:00 Pulls	EN1	
300	6 x 50 on :50 Freestyle	EN1	
2,400	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
	{3 x 200 on 2:15 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
7:45 PM 7,180 Yards - Stress Value = 98			

Workout #1349 - Saturday, 02 June 2001

Group 3 - All

1 minute rest between sets

7:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
	1x{2 x 100 on 2:00 Kick	EN2	
	{4 x 50 on :50 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	1x{2 x 250 on 3:30 Pulls	EN1	
	{2 x 250 on 3:20 Pulls	EN1	
	{2 x 250 on 3:10 Pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
	build each 25		
	3x{1 x 200 on 2:45 Free last 50 fast	EN1	
	{1 x 200 on 3:00 Free last 100 fast	EN2	
	{1 x 200 on 3:15 Free last 150 fast	EN2	
	{1 x 200 on 3:30 Free all fast	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
10:00 AM 6,785 Yards - Stress Value = 117			

Workout #1352 - Tuesday, 05 June 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Plyometrics/stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	I
180	12 x 15 on :30 Shooters	SP3	S
	1x{2 x 200 on 4:00 Kick	EN2	F
	{2 x 200 on 3:50 Kick	EN2	F
	{2 x 200 on 3:40 Kick	EN2	F
	1x{4 x 125 on 1:50 Pulls 2 brths L. 25	EN1	F
	{4 x 125 on 1:45 Pulls 1 brth L. 25	EN1	F
	{4 x 125 on 1:40 Pulls 0 brths L. 25	EN1	F
300	1 x 300 on 5:00 Individual Medley	EN1	S
	1x{4 x 50 on :55 Back des 1-3 hold 4	EN2	S
	{1 x 200 on 4:00 Backstroke for time	EN3	S
	{4 x 75 on 1:15 Back des 1-3 hold 4	EN2	S
	{1 x 200 on 4:00 Backstroke for time	EN3	S
	{4 x 100 on 1:30 Back des 1-3 hold 4	EN2	S
	{1 x 200 on 4:00 Backstroke for time	EN3	S
	1x{4 x 25 on :30 Freestyle	EN2	S
	{4 x 25 on :25 Freestyle	EN2	S
	{4 x 25 on :20 Freestyle	EN2	S
	{4 x 25 on :15 Freestyle	EN2	S
400	1 x 400 on 8:00 Stroke Drills	REC	I
7:44 PM 6,280 Yards - Stress Value = 111			

Workout #1350 - Monday, 04 June 2001

Group 3 - All

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WORK	STK	FR
425	1 x 425 on 8:00 Choice	REC	S	CHO	
180	12 x 15 on :30 Pit sprints	SP3	S	CHO	

Workout #1353 - Wednesday, 06 June 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 AM Start			
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	§
210	14 x 15 on :30 Pit sprints	SP3	§
	1x{1 x 400 on 6:00 Pulls	EN1	F
	{2 x 300 on 4:15 Pulls	EN1	F
	{3 x 200 on 2:40 Pulls	EN1	F
1x{1 x 150 on 1:45 Freestyle	EN2	§	
	{6 x 50 on 1:00 Freestyle	EN1	§
	{2 x 150 on 1:55 Freestyle	EN2	§
	{5 x 50 on :50 Freestyle	EN1	§
	{3 x 150 on 2:05 Freestyle	EN1	§
	{4 x 50 on :40 Freestyle	EN2	§
	{4 x 150 on 2:15 Freestyle	EN1	§
	{ last 2 drill		
6:30 AM 4,485 Yards - Stress Value = 52			

Workout #1354 - Wednesday, 06 June 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
	1 on 29:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 50 on 1:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 150 on 2:45 Kick	EN2	
	{1 x 200 on 3:30 Kick	EN2	
4x{1 x 300 on 4:00 Pulls	EN1		
	{4 x 50 on 1:00 Pulls all out	EN2	
1x{4 x 50 on :50 Freestyle	EN1		
	{4 x 50 on :45 Freestyle	EN1	
	{4 x 50 on :40 Freestyle	EN1	
6x{8 x 25 on :30 Butterfly	EN2		
	{1 on 1:00 Rest		
250	1 x 250 on 4:00 Stroke Drills	REC	
7:45 PM 6,030 Yards - Stress Value = 85			

Workout #1355 - Thursday, 07 June 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM Start			
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 75 on 1:30 Kick	EN2	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 75 on 1:15 Kick	EN2	
1x{2 x 400 on 5:30 Pulls	EN1		
	{2 x 400 on 5:15 Pulls	EN1	
400	16 x 25 on :30 IM order-build	EN1	
	2x{1 x 200 on 3:20 Breaststroke	EN2	
	{2 x 100 on 1:45 Breaststroke	EN2	
	{4 x 50 on :55 Breaststroke	EN2	
	{8 x 25 on :30 Breast odds OTB	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
7:39 PM 6,180 Yards - Stress Value = 81			

Workout #1356 - Friday, 08 June 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	W
4:00 PM Start			
1,000	1 x 1000 on 20:00 Swim-kick-pull-swim	REC	
	12x{1 x 15 on :00 Breaststroke	SP3	
	{1 x 10 on :30 Freestyle	REC	
	5x{1 x 100 on 2:00 Kick	EN2	
	{2 x 50 on 1:15 Kick under water	EN2	
	1x{5 x 100 on 1:30 Pulls	EN1	
	{4 x 100 on 1:25 Pulls	EN1	
	{3 x 100 on 1:20 Pulls	EN1	
	{2 x 100 on 1:15 Pulls	EN2	
	{1 x 100 on 1:10 Pulls	EN2	
400	4 x 100 on 1:45 Individual Medley	EN1	
	2x{1 x 50 on :00 Freestyle	SP1	
	{1 x 50 on 3:00 Freestyle	REC	
	{1 x 75 on :00 Freestyle	SP1	
	{1 x 75 on 4:30 Freestyle	REC	
	{1 x 100 on :00 Freestyle	SP1	
	{1 x 100 on 6:00 Freestyle	REC	
500	10 x 50 on 1:00 Stroke Drills	REC	
6:00 PM 5,600 Yards - Stress Value = 85			

Workout #1357 - Saturday, 09 June 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 100 on 2:30 Kick	EN2	
	{3 x 100 on 2:25 Kick	EN2	
	{3 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	3x{1 x 300 on 4:30 Pulls	EN1	
	{6 x 50 on 1:00 Pulls	EN1	
300	3 x 100 on 1:45 Freestyle-descend	EN1	
	1x{2 x 200 on 3:00 Freestyle	EN1	
	{1 x 100 on 1:45 Your Stroke	EN1	
	{2 x 200 on 2:55 Freestyle	EN1	
	{1 x 100 on 1:45 Your Stroke	EN1	
	{2 x 200 on 2:50 Freestyle	EN1	
	{1 x 100 on 1:45 Your Stroke	EN1	
400	1 x 400 on 7:00 Stroke Drills	REC	
9:00 AM 5,980 Yards - Stress Value = 63			

Workout #1361 - Monday, 11 June 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	§
5:30 PM Start				
	1 on 30:00 Stomach and Stretch		L	I
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters-OTB	SP3	S	F
800	16 x 50 on 1:15 Kick-no board	EN2	K	
	4 on each stroke			
	4x{3 x 100 on 2:15 Stroke Drills	EN1	D	
	{1 x 200 on 5:00 IM OTB for time	SP2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
7:33 PM 3,780 Meters - Stress Value = 127				

Workout #1358 - Monday, 11 June 2001

Group 3 - Gold

1 minute rest between sets

Meters	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
	1x{4 x 100 on 1:40 Lungbuster pulls	EN1	
	{4 x 100 on 1:35 Lungbuster pulls	EN1	
	{4 x 100 on 1:30 Lungbuster pulls	EN1	
400	8 x 50 on 1:00 Descend in sets of 4	EN2	
	1x{2 x 400 on 5:30 Freestyle	EN2	
	{2 x 400 on 5:20 Freestyle	EN2	
	{2 x 400 on 5:10 Freestyle	EN2	
400	8 x 50 on 1:10 Stroke Drills	REC	
9:01 AM 6,380 Meters - Stress Value = 110			

Workout #1359 - Monday, 11 June 2001

Group 3 - Silver

1 minute rest between sets

Meters	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 3:30 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
	1x{3 x 100 on 1:50 Lungbuster pulls	EN1	
	{3 x 100 on 1:45 Lungbuster pulls	EN1	
	{4 x 100 on 1:40 Lungbuster pulls	EN1	
400	8 x 50 on 1:00 Descend in sets of 4	EN2	
	1x{2 x 400 on 6:00 Freestyle	EN2	
	{2 x 400 on 5:50 Freestyle	EN2	
	{1 x 400 on 5:40 Freestyle	EN2	
500	10 x 50 on 1:10 Stroke Drills	REC	
9:01 AM 5,880 Meters - Stress Value = 99			

Workout #1360 - Monday, 11 June 2001

Group 3 - Bronze

1 minute rest between sets

Meters	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 3:30 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
100	1 x 100 on 3:00 Kick for time	EN3	
	1x{3 x 100 on 1:50 Lungbuster pulls	EN1	
	{3 x 100 on 1:45 Lungbuster pulls	EN1	
	{4 x 100 on 1:40 Lungbuster pulls	EN1	
400	8 x 50 on 1:00 Descend in sets of 4	EN2	
	1x{2 x 400 on 7:00 Freestyle	EN2	
	{2 x 400 on 6:45 Freestyle	EN2	
500	10 x 50 on 1:10 Stroke Drills	REC	
8:59 AM 5,480 Meters - Stress Value = 90			

Workout #1365 - Tuesday, 12 June 2001

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 30:00 Plyometrics/stretch		I
800	8 x 100 on 2:00 Stroke Drills	REC	I
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{4 x 100 on 2:15 Kick	EN2	F
	{3 x 100 on 2:10 Kick	EN2	F
	{2 x 100 on 2:05 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
1,000	1x{1 x 100 on 1:45 Pulls	EN1	F
	{2 x 100 on 1:40 Pulls	EN1	F
	{3 x 100 on 1:35 Pulls	EN1	F
	{4 x 100 on 1:30 Pulls	EN1	F
400	1 x 400 on 8:00 Individual Medley	EN1	S
	50 drill 50 swim		
1,800	1x{1 x 200 on 4:00 Breast w/ fly kick	EN2	S
	{1 x 200 on 4:30 Breast w/ free kick	EN2	S
	{1 x 200 on 5:00 Breaststroke pull	EN2	F
	{1 x 200 on 3:30 Breaststroke	EN2	S
	{1 x 150 on 3:00 Breast w/ fly kick	EN2	S
	{1 x 150 on 3:20 Breast w free kick	EN2	S
	{1 x 150 on 3:45 Breaststroke pull	EN2	F
	{1 x 150 on 2:40 Breaststroke	EN2	S
	{1 x 100 on 2:00 Breast w/ fly kick	EN2	S
	{1 x 100 on 2:15 Breast w/ free kick	EN2	S
	{1 x 100 on 2:30 Breaststroke pull	EN2	F
	{1 x 100 on 1:45 Breaststroke	EN2	S
350	7 x 50 on 1:00 Stroke Drills	REC	I
9:00 PM 5,530 Meters - Stress Value = 80			

Workout #1363 - Tuesday, 12 June 2001

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 30:00 Plyometrics/stretch		L I
800	8 x 100 on 2:00 Stroke Drills	REC	D C
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{4 x 100 on 2:15 Kick	EN2	K C
	{3 x 100 on 2:10 Kick	EN2	K C
	{2 x 100 on 2:05 Kick	EN2	K C
	{1 x 100 on 2:00 Kick	EN2	K C
1,000	1x{1 x 100 on 1:45 Pulls	EN1	P
	{2 x 100 on 1:40 Pulls	EN1	P
	{3 x 100 on 1:35 Pulls	EN1	P
	{4 x 100 on 1:30 Pulls	EN1	P
400	1 x 400 on 8:00 Individual Medley	EN1	S
	50 drill 50 swim		
2,400	3 x 800 on 12:00 Freestyle	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
9:00 PM 6,280 Meters - Stress Value = 97			

Workout #1366 - Tuesday, 12 June 2001

Group 3 - Fly & Back

1 minute rest between sets

6:30 PM Start		EGY	WORK	STK
Meters	Set Description	====	====	====
	1 on 30:00 Plyometrics/stretch		I	
800	8 x 100 on 2:00 Stroke Drills	REC	I	
180	12 x 15 on :30 Shooters	SP3	S	
1,000	1x{4 x 100 on 2:15 Kick	EN2	F	
	{3 x 100 on 2:10 Kick	EN2	F	
	{2 x 100 on 2:05 Kick	EN2	F	
	{1 x 100 on 2:00 Kick	EN2	F	
1,000	1x{1 x 100 on 1:45 Pulls	EN1	F	
	{2 x 100 on 1:40 Pulls	EN1	F	
	{3 x 100 on 1:35 Pulls	EN1	F	
	{4 x 100 on 1:30 Pulls	EN1	F	
400	1 x 400 on 8:00 Individual Medley	EN1	S	
	50 drill 50 swim			
	1 on 10:00 Vertical Kicking	EN2	F	
1,400	28 x 50 on 1:00 Your Stroke w/ fins	EN2	S	
400	8 x 50 on 1:00 Stroke Drills	REC	I	
9:00 PM 5,180 Meters - Stress Value = 75				

Workout #1362 - Tuesday, 12 June 2001

Group 3 - All

1 minute rest between sets

5:30 PM Start		EGY	WORK	STK
Meters	Set Description	====	====	====
	1 on 30:00 Stomach and Stretch		L DRY	
800	1 x 800 on 16:00 Choice	REC	S CHO	
180	12 x 15 on :30 Shooters	SP3	S BK	
1,000	1x{2 x 200 on 3:15 Pulls	EN1	P FR	
	{2 x 200 on 3:10 Pulls	EN1	P FR	
	{2 x 200 on 3:05 Pulls	EN1	P FR	
200	1 x 200 on 3:00 Freestyle	EN1	S FR	
	build each 50			
2x{1 x 200 on 4:00 Backstroke	EN1	S BK		
	{3 x 100 on 1:45 Backstroke	EN2	S BK	
	{4 x 50 on 2:00 Backstroke OTB	SP2	S BK	
300	6 x 50 on 1:00 Stroke Drills	REC	D CD	
7:30 PM 4,080 Meters - Stress Value = 83				

Workout #1364 - Tuesday, 12 June 2001

Group 3 - Sprint

1 minute rest between sets

6:30 PM Start		EGY	WC
Meters	Set Description	====	==
	1 on 30:00 Plyometrics/stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{4 x 100 on 2:15 Kick	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
1,000	1x{1 x 100 on 1:45 Pulls	EN1	
	{2 x 100 on 1:40 Pulls	EN1	
	{3 x 100 on 1:35 Pulls	EN1	
	{4 x 100 on 1:30 Pulls	EN1	
400	1 x 400 on 8:00 Individual Medley	EN1	
	50 drill 50 swim		
1,200	12 x 100 on 1:45 Descend in sets of 3	EN2	
180	12 x 15 on 1:30 Pit sprints	SP3	
300	6 x 50 on 1:00 Stroke Drills	REC	
9:00 PM 5,060 Meters - Stress Value = 78			

Workout #1367 - Wednesday, 13 June 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start		EGY	WOF
Meters	Set Description	====	====
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{1 x 200 on 5:00 Kick	EN2	
	{4 x 50 on 1:10 Kick all fast	EN2	
900	3 x 300 on 4:45 Pulls	EN1	
450	9 x 50 on 1:00 Descend in sets of 3	EN1	
600	6 x 100 on 6:00 Choice-all same strk	SP1	
500	10 x 50 on 1:15 Stroke Drills	REC	
9:01 AM 4,230 Yards - Stress Value = 84			

Workout #1369 - Thursday, 14 June 2001

Group 3 - Breast

1 minute rest between sets

6:30 AM Start		EGY	WOF
Meters	Set Description	====	====
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{1 x 300 on 6:00 Kick	EN2	
	{2 x 150 on 3:10 Kick	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{6 x 50 on 1:10 Kick	EN2	
2,000	1x{2 x 400 on 6:30 Pulls	EN1	
	{2 x 400 on 6:15 Pulls	EN1	
	{1 x 400 on 6:00 Pulls	EN1	
200	1 x 200 on 3:30 Individual Medley	EN1	
1,500	1 x 1500 on 27:00 Breaststroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM 6,080 Meters - Stress Value = 77			

Workout #1370 - Thursday, 14 June 2001

Group 3 - Distance

1 minute rest between sets

6:30 AM Start		EGY	WOF
Meters	Set Description	====	====
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{1 x 300 on 6:00 Kick	EN2	
	{2 x 150 on 3:10 Kick	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{6 x 50 on 1:10 Kick	EN2	
2,000	1x{2 x 400 on 6:30 Pulls	EN1	
	{2 x 400 on 6:15 Pulls	EN1	
	{1 x 400 on 6:00 Pulls	EN1	
400	2 x 200 on 3:30 Individual Medley	EN1	
1,500	3 x 500 on 8:00 Freestyle-descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM 6,280 Meters - Stress Value = 95			

Workout #1371 - Thursday, 14 June 2001

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 30:00 Plyometrics/stretch		
180	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
1,200	12 x 15 on :30 Shooters	SP3	
	1x{1 x 300 on 6:00 Kick	EN2	
	{2 x 150 on 3:10 Kick	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{6 x 50 on 1:10 Kick	EN2	
2,000	1x{2 x 400 on 6:30 Pulls	EN1	
	{2 x 400 on 6:15 Pulls	EN1	
	{1 x 400 on 6:00 Pulls	EN1	
400	2 x 200 on 3:30 Individual Medley	EN1	
1,500	1x{3 x 200 on 3:30 Your Stroke	EN1	
	{3 x 150 on 2:30 Your Stroke	EN1	
	{3 x 100 on 1:35 Your Stroke	EN1	
	{3 x 50 on :45 Your Stroke	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:01 AM 6,280 Meters - Stress Value = 78			

Workout #1372 - Thursday, 14 June 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 PM Start			
	1 on 29:00 Stomach and Stretch		I
600	1 x 600 on 12:00 Choice	REC	S
180	12 x 15 on :45 Shooters	SP3	S
	sets of 3		
	1x{2 x 250 on 4:00 Pulls	EN1	F
	{2 x 250 on 3:45 Pulls	EN1	F
	{2 x 250 on 3:30 Pulls	EN1	F
300	6 x 50 on 1:00 Descend in sets of 3	EN1	S
	2x{2 x 200 on 3:30 Breaststroke	EN1	S
	{3 x 100 on 1:50 Breaststroke	EN1	S
	{4 x 50 on 1:00 Breaststroke	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
7:30 PM 4,580 Yards - Stress Value = 43			

Workout #1368 - Thursday, 14 June 2001

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{1 x 300 on 6:00 Kick	EN2	
	{2 x 150 on 3:10 Kick	EN2	
	{3 x 100 on 2:10 Kick	EN2	
	{6 x 50 on 1:10 Kick	EN2	
2,000	1x{2 x 400 on 6:30 Pulls	EN1	
	{2 x 400 on 6:15 Pulls	EN1	
	{1 x 400 on 6:00 Pulls	EN1	
400	2 x 200 on 3:30 Individual Medley	EN1	
180	12 x 15 on 2:00 Pit sprints w/ cords	SP3	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM 4,960 Meters - Stress Value = 70			

Workout #1376 - Friday, 15 June 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
5:30 PM Start			
	1 on 30:00 Stomach and Stretch		L
600	1 x 600 on 12:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	3x{1 x 100 on 2:30 Kick	EN2	K
	{4 x 50 on 1:15 Kick under H2O	EN2	K
	1 on 15:00 Techniques-relay str		D
200	1 x 200 on 3:00 Freestyle	REC	S
	10x{1 x 15 on :00 under water dolphin	EN2	K
	{1 x 10 on :00 Butterfly 100%	EN2	S
	{1 x 25 on 2:00 Freestyle	REC	S
400	1 x 400 on 6:00 Stroke Drills	REC	D
7:30 PM 2,780 Meters - Stress Value = 33			

Workout #1373 - Friday, 15 June 2001

Group 3 - Gold

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
6:30 AM Start				
	1 on 30:00 Stomach and Stretch		L	I
800	1 x 800 on 16:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	C
1,200	1 x 1200 on 28:00 Social kick	EN1	K	C
	1x{4 x 50 on 1:10 Pulls	EN1	P	
	{4 x 50 on 1:05 Pulls	EN1	P	
	{4 x 50 on 1:00 Pulls	EN1	P	
	{4 x 50 on :55 Pulls	EN1	P	
	{4 x 50 on :50 Pulls	EN1	P	
	{4 x 50 on :45 Pulls	EN1	P	
	{ no breathing 1st or			
	{ last 15 meters			
400	1 x 400 on 7:00 Individual Medley	EN1	S	
	50 drill 50 swim			
2,000	20 x 100 on 1:30 Freestyle	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
9:00 AM 6,030 Meters - Stress Value = 59				

Workout #1374 - Friday, 15 June 2001

Group 3 - Silver

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
6:30 AM Start				
	1 on 30:00 Stomach and Stretch		L	I
800	1 x 800 on 16:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	C
1,200	1 x 1200 on 28:00 Social kick	EN1	K	C
	1x{4 x 50 on 1:10 Pulls	EN1	P	
	{4 x 50 on 1:05 Pulls	EN1	P	
	{4 x 50 on 1:00 Pulls	EN1	P	
	{4 x 50 on :55 Pulls	EN1	P	
	{4 x 50 on :50 Pulls	EN1	P	
	{4 x 50 on :45 Pulls	EN1	P	
	{ no breathing 1st or			
	{ last 15 meters			
400	1 x 400 on 7:00 Individual Medley	EN1	S	
	50 drill 50 swim			
1,800	18 x 100 on 1:40 Freestyle	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
9:00 AM 5,830 Meters - Stress Value = 57				

Workout #1375 - Friday, 15 June 2001

Group 3 - Bronze

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			
800	1 x 800 on 16:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	C
1,200	1 x 1200 on 28:00 Social kick	EN1	K	C
	1x{4 x 50 on 1:10 Pulls	EN1	P	
	{4 x 50 on 1:05 Pulls	EN1	P	
	{4 x 50 on 1:00 Pulls	EN1	P	
	{4 x 50 on :55 Pulls	EN1	P	
	{4 x 50 on :50 Pulls	EN1	P	
	{4 x 50 on :45 Pulls	EN1	P	
	{ no breathing 1st or			
	{ last 15 meters			
400	1 x 400 on 7:00 Individual Medley	EN1	S	
	50 drill 50 swim			
1,600	16 x 100 on 1:50 Freestyle	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	9:00 AM 5,630 Meters - Stress Value = 55			

Workout #1378 - Saturday, 16 June 2001

Group 3 - Gold

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Plyometrics/stretch			
800	1 x 800 on 15:00 Choice	REC	S	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{1 x 100 on 2:20 Kick	EN2	F	
	{1 x 100 on 2:00 Kick	EN2	F	
	{1 x 100 on 2:20 Kick	EN2	F	
	{1 x 100 on 1:55 Kick	EN2	F	
	{1 x 100 on 2:20 Kick	EN2	F	
	{1 x 100 on 1:50 Kick	EN2	F	
	1x{4 x 100 on 1:30 Lungbuster pulls	EN1	F	
	{4 x 100 on 1:25 Lungbuster pulls	EN1	F	
	{4 x 100 on 1:20 Lungbuster pulls	EN1	F	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	S	
	1x{5 x 200 on 3:20 Individual Medley	EN2	S	
	{4 x 200 on 3:10 Individual Medley	EN2	S	
	{3 x 200 on 3:00 Individual Medley	EN2	S	
200	4 x 50 on 1:15 Stroke Drills	REC	I	
	9:00 AM 6,280 Meters - Stress Value = 100			

Workout #1379 - Saturday, 16 June 2001

Group 3 - Silver

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Plyometrics/stretch			
800	1 x 800 on 15:00 Choice	REC	S	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{1 x 100 on 2:20 Kick	EN2	F	
	{1 x 100 on 2:00 Kick	EN2	F	
	{1 x 100 on 2:20 Kick	EN2	F	
	{1 x 100 on 1:55 Kick	EN2	F	
	{1 x 100 on 2:20 Kick	EN2	F	
	{1 x 100 on 1:50 Kick	EN2	F	
	1x{4 x 100 on 1:40 Lungbuster pulls	EN1	F	
	{4 x 100 on 1:35 Lungbuster pulls	EN1	F	
	{4 x 100 on 1:30 Lungbuster pulls	EN1	F	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	S	
	1x{4 x 200 on 3:50 Individual Medley	EN2	S	
	{4 x 200 on 3:40 Individual Medley	EN2	S	

	{2 x 200 on 3:30 Individual Medley	EN2	S
200	4 x 50 on 1:15 Stroke Drills	REC	I
	9:00 AM 5,880 Meters - Stress Value = 92		

Workout #1377 - Saturday, 16 June 2001

Group 3 - Bronze

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Plyometrics/stretch			
800	1 x 800 on 15:00 Choice	REC	S	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{1 x 100 on 2:30 Kick	EN2	F	
	{1 x 100 on 2:15 Kick	EN2	F	
	{1 x 100 on 2:30 Kick	EN2	F	
	{1 x 100 on 2:15 Kick	EN2	F	
	{1 x 100 on 2:30 Kick	EN2	F	
	{1 x 100 on 2:15 Kick	EN2	F	
	1x{4 x 100 on 1:50 Lungbuster pulls	EN1	F	
	{4 x 100 on 1:45 Lungbuster pulls	EN1	F	
	{1 x 100 on 1:40 Lungbuster pulls	EN1	F	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	S	
	1x{4 x 200 on 4:10 Individual Medley	EN2	S	
	{3 x 200 on 4:00 Individual Medley	EN2	S	
	{2 x 200 on 3:50 Individual Medley	EN2	S	
200	4 x 50 on 1:15 Stroke Drills	REC	I	
	9:00 AM 5,380 Meters - Stress Value = 84			

Workout #1383 - Monday, 18 June 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
	1 on 30:00 Stomach and Stretch			
600	6 x 100 on 2:00 Stroke Drills	REC	S	
180	12 x 15 on :45 Shooters-OTB	SP3	S	
	1x{1 x 400 on 10:00 IM kick w/out a brd	EN2	S	
	{1 x 100 on 3:00 Kick for time	EN3	S	
	{1 x 100 on 3:00 Kick for time	EN3	S	
	{1 x 100 on 3:00 Kick for time	EN3	S	
	1x{1 x 100 on 1:45 Freestyle	EN1	S	
	{3 x 50 on 1:00 Backstroke	EN1	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	5x{1 x 200 on :00 Broken IM's	SP2	S	
	{1 x 100 on 8:00 Stroke Drills	REC	I	
200	1 x 200 on 3:00 Stroke Drills	REC	I	
	7:35 PM 3,530 Yards - Stress Value = 137			

Workout #1381 - Monday, 18 June 2001

Group 3 - Gold

1 minute rest between sets

6:30 AM Start		EGY	WOF
Meters	Set Description		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{6 x 50 on 1:15 Kick	EN2	
	{6 x 50 on 1:10 Kick	EN2	
	{6 x 50 on 1:05 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
	1x{4 x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
	{4 x 100 on 1:30 Pulls last 50 br ev8	EN1	
	{4 x 50 on :45 Pulls br ev 9	EN1	
400	2 x 200 on 3:30 Individual Medley	EN1	
	1x{3 x 300 on 4:00 Freestyle	EN2	
	{3 x 300 on 3:50 Freestyle	EN2	
	{3 x 300 on 3:40 Freestyle	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
9:00 AM 6,680 Meters - Stress Value = 113			

Workout #1382 - Monday, 18 June 2001

Group 3 - Silver

1 minute rest between sets

6:30 AM Start		EGY	WOF
Meters	Set Description		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{6 x 50 on 1:15 Kick	EN2	
	{6 x 50 on 1:10 Kick	EN2	
	{6 x 50 on 1:05 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
	1x{4 x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
	{4 x 100 on 1:30 Pulls last 50 br ev8	EN1	
	{4 x 50 on :45 Pulls br ev 9	EN1	
400	2 x 200 on 3:30 Individual Medley	EN1	
	1x{3 x 300 on 4:30 Freestyle	EN2	
	{3 x 300 on 4:20 Freestyle	EN2	
	{2 x 300 on 4:10 Freestyle	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
9:00 AM 6,380 Meters - Stress Value = 106			

Workout #1380 - Monday, 18 June 2001

Group 3 - Bronze

1 minute rest between sets

6:30 AM Start		EGY	WOF
Meters	Set Description		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{6 x 50 on 1:15 Kick	EN2	
	{6 x 50 on 1:10 Kick	EN2	
	{6 x 50 on 1:05 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
	1x{4 x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
	{4 x 100 on 1:30 Pulls last 50 br ev8	EN1	
	{4 x 50 on :45 Pulls br ev 9	EN1	
400	2 x 200 on 3:30 Individual Medley	EN1	
	1x{3 x 300 on 5:00 Freestyle	EN2	
	{2 x 300 on 4:50 Freestyle	EN2	
	{2 x 300 on 4:40 Freestyle	EN2	
200	1 x 200 on 5:00 Stroke Drills	REC	
8:59 AM 6,080 Meters - Stress Value = 99			

Workout #1387 - Tuesday, 19 June 2001

Group 3 - Breast

1 minute rest between sets

6:30 AM Start		EGY	WOF
Yards	Set Description		
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 200 on 4:00 Kick	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
	1,200 1x{2 x 100 on 1:40 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{2 x 100 on 1:35 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	300 2x{1 x 100 on 1:45 Freestyle	EN1	
	{1 x 50 on :50 Your Stroke/no free	EN1	
	1,800 2x{1 x 100 on 2:00 Breaststroke	EN2	
	{1 x 50 on 1:00 Breaststroke all out	EN3	
	{1 x 150 on 2:50 Breaststroke	EN1	
	{1 x 50 on 1:00 Breaststroke all out	EN3	
	{1 x 200 on 3:40 Breaststroke	EN1	
	{1 x 50 on 1:00 Breaststroke all out	EN3	
	{1 x 250 on 4:20 Breaststroke	EN1	
	{1 x 50 on 1:00 Breaststroke all out	EN3	
	400 4 x 100 on 2:15 Stroke Drills	REC	
9:01 AM 5,680 Yards - Stress Value = 82			

Workout #1384 - Tuesday, 19 June 2001

Group 3 - Distance

1 minute rest between sets

6:30 AM Start		EGY	WOF
Yards	Set Description		
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 200 on 4:00 Kick	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
	1,200 1x{2 x 100 on 1:40 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{2 x 100 on 1:35 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	300 2x{1 x 100 on 1:45 Freestyle	EN1	
	{1 x 50 on :50 Your Stroke/no free	EN1	
	2,250 3x{1 x 250 on 3:45 Freestyle	EN1	
	{1 x 250 on 3:00 Freestyle	EN3	
	{1 x 250 on 5:15 Freestyle	REC	
	300 3 x 100 on 2:00 Stroke Drills	REC	
9:00 AM 6,030 Yards - Stress Value = 95			

Workout #1386 - Tuesday, 19 June 2001

Group 3 - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:30 AM Start			
=====	=====	====	====
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	2x{1 x 200 on 4:00 Kick	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
1,200	1x{2 x 100 on 1:40 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{2 x 100 on 1:35 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	
300	2x{1 x 100 on 1:45 Freestyle	EN1	
	{1 x 50 on :50 Your Stroke/no free	EN1	
1,500	1x{3 x 100 on 2:00 Your Stroke	EN1	
	{1 x 200 on 4:00 50 dr 100 fast 50 dr	EN2	
	{3 x 100 on 1:50 Your Stroke	EN1	
	{1 x 200 on 4:00 50 dr 100 fast 50 dr	EN2	
	{3 x 100 on 1:40 Your Stroke	EN1	
	{1 x 200 on 4:00 50 dr 100 fast 50 dr	EN2	
450	9 x 50 on :55 Descend in sets of 3	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM 5,630 Yards - Stress Value = 72			

1,200	1x{2 x 100 on 1:40 Pulls	EN1	P
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	P
	{2 x 100 on 1:35 Pulls	EN1	P
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	P
	{2 x 100 on 1:30 Pulls	EN1	P
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	P
150	1x{1 x 100 on 1:45 Freestyle	EN1	S
	{1 x 50 on :50 Your Stroke/no free	EN1	S
1,500	2x{3 x 50 on 1:00 Freestyle	EN1	S
	{1 x 100 on 2:00 Freestyle all out	EN3	S
	{3 x 50 on 1:00 Freestyle	EN1	S
	{1 x 100 on 1:45 Freestyle all out}	EN3	S
	{3 x 50 on 1:00 Freestyle	EN1	S
	{1 x 100 on 1:30 Freestyle all out	EN3	S
120	8 x 15 on 1:30 Pit sprints	SP3	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
9:00 AM 5,150 Yards - Stress Value = 90			

Workout #1389 - Wednesday, 20 June 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:30 AM Start				
=====	=====	====	====	=
	1 on 30:00 Stomach and Stretch			L I
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC		S
300	6 x 50 on 1:00 Descend in sets of 3	EN1		S
3,000	1 x 3000 on 30:00 T-30	EN2		S
200	1 x 200 on 5:00 Stroke Drills	REC		D
8:00 AM 4,300 Yards - Stress Value = 63				

Workout #1388 - Tuesday, 19 June 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM Start			
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
600	12 x 50 on 1:00 Stroke Drills	REC	
180	12 x 15 on :45 Shooters sets of 3	SP3	
1x{	1 x 400 on 6:30 Pulls	EN1	
	{4 x 100 on 1:40 Lungbuster pulls	EN1	
3x{	1 x 50 on 1:00 Freestyle	EN1	
	{1 x 50 on :55 Freestyle	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{1 x 50 on :45 Freestyle	EN1	
1x{	2 x 200 on 3:40 Backstroke	EN1	
	{3 x 100 on 1:50 Backstroke	EN1	
	{4 x 50 on :55 Backstroke	EN1	
	{1 x 200 on 3:30 Freestyle	REC	
	{1 x 200 on 4:00 150 fr 50 back fast	EN2	
	{1 x 200 on 3:50 100 fr 100 back fast	EN2	
	{1 x 200 on 3:40 50 fr 150 back fast	EN2	
	{1 x 200 on 3:30 Backstroke fast	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:30 PM 4,280 Meters - Stress Value = 49			

Workout #1391 - Thursday, 21 June 2001

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:30 AM Start			
=====	=====	====	====
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{3 x 200 on 4:30 Kick	EN2	
	{2 x 200 on 4:15 Kick	EN2	
	{1 x 200 on 4:00 Kick	EN2	
1,500	1x{2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN1	
	{2 x 250 on 3:25 Pulls	EN1	
600	6 x 100 on 1:45 Descend in sets of 3	EN1	
1,200	1x{6 x 50 on 1:15 Breaststroke	EN1	
	{5 x 50 on 1:10 Breaststroke	EN1	
	{4 x 50 on 1:05 Breaststroke	EN1	
	{3 x 50 on 1:00 Breaststroke	EN1	
	{2 x 50 on :55 Breaststroke	EN1	
	{1 x 50 on :50 Breaststroke	EN1	
	{1 x 50 on 2:00 Freestyle	REC	
	{1 x 100 on 3:00 Breast for time	EN3	
200	1 x 200 on 5:00 Stroke Drills	REC	
9:00 AM 5,680 Yards - Stress Value = 68			

Workout #1385 - Tuesday, 19 June 2001

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:30 AM Start			
=====	=====	====	====
	1 on 30:00 Plyometrics/stretch		L
800	1 x 800 on 16:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	2x{1 x 200 on 4:00 Kick	EN2	K
	{1 x 150 on 3:15 Kick	EN2	K
	{1 x 100 on 2:20 Kick	EN2	K
	{1 x 50 on 1:15 Kick	EN2	K

Workout #1390 - Thursday, 21 June 2001

Group 3 - Backstroke

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{3 x 200 on 4:30 Kick	EN2	
	{2 x 200 on 4:15 Kick	EN2	
	{1 x 200 on 4:00 Kick	EN2	
1,500	1x{2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN1	
	{2 x 250 on 3:25 Pulls	EN1	
600	6 x 100 on 1:45 Descend in sets of 3	EN1	
1,600	1x{1 x 400 on 7:00 Backstroke	EN1	
	{4 x 100 on 1:45 Backstroke-descend	EN1	
	{8 x 50 on 1:00 Backstroke 90%	EN2	
	{8 x 50 on 1:00 IM order	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
9:00 AM 6,080 Yards - Stress Value = 72			

Meters	Set Description	EGY	WOF
1 on 30:00 Stomach and Stretch			
1,000	1 x 1000 on 18:00 Choice-max of 200kck	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{2 x 100 on 2:15 Kick	EN2	
	{1 x 200 on 2:00 Kick	EN2	
	1x{1 x 500 on 7:30 Pulls	EN1	
	{1 x 400 on 6:20 Pulls	EN1	
	{1 x 300 on 5:00 Pulls	EN1	
	{1 x 200 on 3:30 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	3x{2 x 50 on 1:00 Freestyle	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
	1x{2 x 150 on 2:45 100 fly 50 back	EN1	
	{2 x 150 on 2:45 100 back 50 breast	EN1	
	{2 x 150 on 2:45 100 breast 50 free	EN1	
	{2 x 150 on 2:45 100 free 50 fly	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
8:59 AM 6,280 Meters - Stress Value = 72			

Workout #1395 - Monday, 25 June 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM Start			
	1 on 28:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters OTB	SP3	
	5x{1 x 100 on 1:30 Pulls	EN1	
	{2 x 50 on 1:45 Pulls	EN1	
	1x{1 x 200 on 3:30 Individual Medley	EN1	
	{1 x 200 on 3:15 Individual Medley	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	4x{1 x 100 on 2:00 Breast w/ free kick	EN1	
	{1 x 100 on 1:55 Breast w/fly kick	EN1	
	{1 x 100 on 1:50 Breast 2 kick 1 pull	EN1	
	{1 x 50 on 2:00 Breast OTB for time	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:30 PM 3,980 Meters - Stress Value = 51			

Meters	Set Description	EGY	WOF
5:30 PM Start			
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters OTB	SP3	
	4x{1 x 100 on 2:15 Kick hold under 2:00	EN2	
	{2 x 50 on 1:15 Kick w/out a board	EN2	
	1x{1 x 50 on 1:00 Freestyle	EN1	
	{1 x 50 on :55 Freestyle	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{2 x 50 on :45 Freestyle	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{1 x 50 on :55 Freestyle	EN1	
	{1 x 50 on 1:00 Freestyle	EN1	
	4x{1 x 200 on 3:30 Individual Medley	EN3	
	{1 x 50 on :00 Stroke OTB	SP2	
	{1 x 50 on 3:00 Freestyle	REC	
400	4 x 100 on 1:45 Freestyle DESCEND TO	EN2	
	LUDICROUS SPEED		
300	6 x 50 on 1:00 Stroke Drills	REC	
7:29 PM 3,880 Meters - Stress Value = 111			

Workout #1392 - Thursday, 21 June 2001

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 200 on 4:30 Kick	EN2	
	{2 x 200 on 4:15 Kick	EN2	
	{1 x 200 on 4:00 Kick	EN2	
	1x{2 x 250 on 3:45 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN1	
	{2 x 250 on 3:25 Pulls	EN1	
600	6 x 100 on 1:45 Descend in sets of 3	EN1	
1,500	15 x 100 on 2:00 Freestyle	EN3	
200	1 x 200 on 4:00 Stroke Drills	REC	
9:00 AM 5,980 Yards - Stress Value = 142			

Workout #1396 - Monday, 25 June 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 150 on 3:30 Kick	EN1	
	{3 x 100 on 2:25 Kick	EN1	
	{3 x 50 on 1:15 Kick	EN1	
	1x{1 x 400 on 7:00 Pulls	EN1	
	{2 x 300 on 5:15 Pulls	EN1	
	{3 x 200 on 3:30 Pulls	EN1	
	{4 x 100 on 1:45 Pulls	EN1	
	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{3 x 100 on 1:45 Freestyle-descend	EN1	
	{20 x 50 on 1:10 IM order	EN1	
1,000	20 x 50 on 1:10 IM order	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
9:00 PM 5,480 Meters - Stress Value = 54			

Workout #1394 - Friday, 22 June 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start

Workout #1400 - Tuesday, 26 June 2001

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{7 x 50 on 1:10 Kick	EN2	
	{7 x 50 on 1:05 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
1,200	1x{3 x 200 on 3:20 Pulls-nbbf&w	EN1	
	{2 x 200 on 3:10 Pulls-nbbf&w	EN1	
	{1 x 200 on 3:00 Pulls-nbbf&w	EN1	
300	3 x 100 on 1:40 Freestyle	EN1	
1,200	1x{1 x 200 on 4:00 Breaststroke	EN1	
	{1 x 200 on 3:55 Breast last 50 fast	EN2	
	{1 x 200 on 3:50 Breast last 100 fast	EN2	
	{1 x 200 on 3:45 Breast last 150 fast	EN3	
	{2 x 200 on 3:40 Breast all fast	EN3	
500	10 x 50 on 1:15 Breaststroke 100%	EN3	
400	4 x 100 on 1:45 Stroke Drills	REC	
	8:59 AM 5,580 Meters - Stress Value = 129		

Workout #1397 - Tuesday, 26 June 2001

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Plyometrics/stretch		L	DRY
800	1 x 800 on 16:00 Choice	REC	S	CHO
180	12 x 15 on :30 Shooters	SP3	S	BR
1,000	1x{7 x 50 on 1:10 Kick	EN2	K	CHO
	{7 x 50 on 1:05 Kick	EN2	K	CHO
	{6 x 50 on 1:00 Kick	EN2	K	CHO
1,200	1x{3 x 200 on 3:20 Pulls-nbbf&w	EN1	P	FR
	{2 x 200 on 3:10 Pulls-nbbf&w	EN1	P	FR
	{1 x 200 on 3:00 Pulls-nbbf&w	EN1	P	FR
300	3 x 100 on 1:40 Freestyle	EN1	S	FR
2,400	3x{1 x 400 on 6:00 Freestyle	EN1	S	FR
	{1 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 x 100 on 1:25 Freestyle	EN2	S	FR
	{1 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 on 1:00 Rest		M	
400	4 x 100 on 1:45 Stroke Drills	REC	D	CD
	9:00 AM 6,280 Meters - Stress Value = 88			

Workout #1399 - Tuesday, 26 June 2001

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	1 on 30:00 Plyometrics/stretch		L	DRY
800	1 x 800 on 16:00 Choice	REC	S	CHC
180	12 x 15 on :30 Shooters	SP3	S	BF
1,000	1x{7 x 50 on 1:10 Kick	EN2	K	CHC
	{7 x 50 on 1:05 Kick	EN2	K	CHC
	{6 x 50 on 1:00 Kick	EN2	K	CHC
1,200	1x{3 x 200 on 3:20 Pulls-nbbf&w	EN1	P	FF
	{2 x 200 on 3:10 Pulls-nbbf&w	EN1	P	FF
	{1 x 200 on 3:00 Pulls-nbbf&w	EN1	P	FF
300	3 x 100 on 1:40 Freestyle	EN1	S	FF
1,800	1x{1 x 400 on 7:00 Your Stroke	EN2	S	STF
	{4 x 100 on 1:45 Your Stroke	EN2	S	STF
	{1 x 300 on 5:00 Your Stroke	EN2	S	STF
	{3 x 100 on 1:40 Your Stroke	EN2	S	FF

	{1 x 200 on 3:10 Your Stroke	EN2	S	STF
	{2 x 100 on 1:35 Your Stroke	EN2	S	STF
300	6 x 50 on 1:00 Your Stroke 100%	EN3	S	STF
400	4 x 100 on 1:45 Stroke Drills	REC	D	CI
	9:00 AM 5,980 Meters - Stress Value = 107			

Workout #1401 - Tuesday, 26 June 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 29:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 1:45 Pulls	EN1	
	{1 x 50 on 1:00 Pulls 5 brths	EN1	
	{1 x 100 on 1:40 Pulls	EN1	
	{1 x 50 on 1:00 Pulls 4 brths	EN1	
	{1 x 100 on 1:35 Pulls	EN1	
	{1 x 50 on 1:00 Pulls 3 brths	EN1	
	1x{1 x 200 on 3:30 Reverse IM drill	EN1	
	{2 x 100 on 1:45 Frees last 50 fast	EN1	
	3x{1 x 200 on 3:30 Backstroke	EN1	
	{4 x 50 on 1:00 Backstroke descend	EN1	
400	8 x 50 on 2:00 Backstroke OTB	EN3	
	15 meters under H2O		
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:30 PM 3,980 Meters - Stress Value = 61		

Workout #1398 - Tuesday, 26 June 2001

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK	SI
	1 on 30:00 Plyometrics/stretch		L	DF
800	1 x 800 on 16:00 Choice	REC	S	CF
180	12 x 15 on :30 Shooters	SP3	S	E
1,000	1x{7 x 50 on 1:10 Kick	EN2	K	CF
	{7 x 50 on 1:05 Kick	EN2	K	CF
	{6 x 50 on 1:00 Kick	EN2	K	CF
1,200	1x{3 x 200 on 3:20 Pulls-nbbf&w	EN1	P	F
	{2 x 200 on 3:10 Pulls-nbbf&w	EN1	P	F
	{1 x 200 on 3:00 Pulls-nbbf&w	EN1	P	F
300	3 x 100 on 1:40 Freestyle	EN1	S	F
1,000	1x{3 x 50 on 1:00 Freestyle descend	EN2	S	F
	{1 x 100 on 2:00 Freestyle 85%	EN2	S	F
	{3 x 50 on :55 Freestyle descend	EN2	S	F
	{1 x 100 on 2:00 Freestyle 90%	EN2	S	F
	{3 x 50 on :50 Freestyle descend	EN2	S	F
	{1 x 100 on 2:00 Freestyle 95%	EN2	S	F
	{3 x 50 on :45 Freestyle descend	EN2	S	F
	{1 x 100 on 2:00 Freestyle 100%	EN2	S	F
180	12 x 15 on 1:30 Pit sprints	SP3	S	F
400	4 x 100 on 1:45 Stroke Drills	REC	D	C
	9:00 AM 5,060 Meters - Stress Value = 75			

Workout #1403 - Thursday, 28 June 2001

Group 3 - Distance

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{2 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 50 on 1:15 Kick	EN2	
1,600	4 x 400 on 5:30 Pulls	EN1	
300	6 x 50 on 1:00 Freestyle build	EN1	
2,000	1x{3 x 500 on 7:00 Freestyle-descend	EN2	
	{1 on 1:00 Rest		
	{1 x 500 on 6:00 Freestyle	EN3	
300	6 x 50 on 1:15 Stroke Drills	REC	
	8:59 AM 6,380 Meters - Stress Value = 119		

Workout #1402 - Thursday, 28 June 2001

Group 3 - IM/Stroke

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{2 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 50 on 1:15 Kick	EN2	
1,600	4 x 400 on 5:30 Pulls	EN1	
300	6 x 50 on 1:00 Freestyle build	EN1	
1,800	1x{6 x 100 on 1:45 Your Stroke	EN2	
	{5 x 100 on 1:40 Your Stroke	EN2	
	{4 x 100 on 1:35 Your Stroke	EN2	
	{3 x 100 on 1:30 Your Stroke	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	
	9:01 AM 6,180 Meters - Stress Value = 93		

Workout #1405 - Thursday, 28 June 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	6 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	{3 x 150 on 2:30 Pulls mid 50 br ev 8	EN1	
	{2 x 150 on 2:30 Pulls mid 50 br ev 9	EN1	
	1x{1 x 50 on 1:00 Breaststroke	EN1	
	{2 x 50 on 1:00 Butterfly	EN1	
	{3 x 50 on 1:00 Backstroke	EN1	
	{4 x 50 on 1:00 Freestyle	EN1	
	1x{1 x 200 on 4:30 Breaststroke	EN1	
	{2 x 100 on 2:10 Breaststroke	EN1	
	{4 x 50 on 2:00 Breaststroke OTB	EN3	

	{1 x 200 on 4:20 Breaststroke	EN1
	{2 x 100 on 2:05 Breaststroke	EN1
	{4 x 50 on 2:00 Breaststroke OTB	EN3
200	1 x 200 on 3:00 Stroke Drills	REC
	7:30 PM 3,880 Meters - Stress Value = 58	

Workout #1404 - Thursday, 28 June 2001

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{2 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 50 on 1:15 Kick	EN2	
1,600	4 x 400 on 5:30 Pulls	EN1	
300	6 x 50 on 1:00 Freestyle build	EN1	
1,600	2x{1 x 200 on 3:30 Free last 50 100%	EN2	
	{1 x 200 on 3:30 Free last 100-100%	EN2	
	{1 x 200 on 3:30 Free last 150-100%	EN2	
	{1 x 200 on 3:30 Freestyle-100%	EN2	
300	6 x 50 on 1:15 Stroke Drills	REC	
	8:59 AM 5,980 Meters - Stress Value = 89		

Workout #1407 - Friday, 29 June 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 100 on 2:30 Kick w/ out board	EN2	
	{4 x 50 on 1:15 Kick w/out board	EN2	
	1 on 15:00 Techniques-relay srt		
600	6 x 100 on 3:00 Butterfly 15m under water on start/turn	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:15 PM 2,280 Meters - Stress Value = 28		

Workout #1406 - Friday, 29 June 2001

7:29 PM 3,180 Meters - Stress Value = 51

Group 3 - Gold

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
6:30 AM Start				
800	1 on 30:00 Stomach and Stretch	REC	L I	S C
180	1 x 800 on 16:00 Choice	SP3	S C	
900	12 x 15 on :30 Shooters	EN2	K C	
	18 x 50 on 1:10 Kick des in 3's	EN1	P	
	1x{8 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{7 x 50 on :55 Pulls-nbbf&w	EN1	P	
	{7 x 50 on :50 Pulls-nbbf&w	EN1	P	
600	3 x 200 on 3:30 Individual Medley	EN2	S	
	1x{6 x 100 on 1:15 Freestyle	EN2	S	
	{1 on 1:00 Rest	M	S	
	{5 x 100 on 1:15 Freestyle	EN2	S	
	{1 on 1:00 Rest	M	S	
	{4 x 100 on 1:15 Freestyle	EN2	S	
	{1 on 1:00 Rest	M	S	
	{3 x 100 on 1:15 Freestyle	EN2	S	
	{1 on 1:00 Rest	M	S	
	{2 x 100 on 1:15 Freestyle	EN2	S	
	{1 on 1:00 Rest	M	S	
	{1 x 100 on 1:15 Freestyle	EN2	S	
400	1 x 400 on 7:00 Stroke Drills	REC	D	
9:00 AM 6,080 Meters - Stress Value = 93				

Workout #1409 - Monday, 02 July 2001

Group 3 - Gold

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 28:00 Stomach and Stretch	REC	
180	1 x 800 on 16:00 Swim-kick-pull-swim	SP3	
800	12 x 15 on :30 Shooters	EN2	
	8 x 100 on 2:20 Kick odds fast	EN1	
	1x{2 x 200 on 3:20 Pulls	EN1	
	{2 x 200 on 3:10 Pulls	EN1	
200	4 x 50 on 1:15 Breast descend	EN1	
	1x{1 x 500 on 7:30 Freestyle	EN1	
	{2 x 400 on 6:00 Freestyle	EN1	
	{3 x 300 on 4:30 Freestyle	EN1	
	{4 x 200 on 3:00 Freestyle	EN1	
	{5 x 100 on 1:30 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
9:00 AM 6,480 Meters - Stress Value = 76			

Workout #1410 - Monday, 02 July 2001

Group 3 - Silver

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 28:00 Stomach and Stretch	REC	
180	1 x 800 on 16:00 Swim-kick-pull-swim	SP3	
800	12 x 15 on :30 Shooters	EN2	
	8 x 100 on 2:20 Kick odds fast	EN1	
	1x{2 x 200 on 3:20 Pulls	EN1	
	{2 x 200 on 3:10 Pulls	EN1	
200	4 x 50 on 1:15 Breast descend	EN1	
	1x{1 x 500 on 8:20 Freestyle	EN1	
	{2 x 400 on 6:40 Freestyle	EN1	
	{3 x 300 on 5:00 Freestyle	EN1	
	{4 x 200 on 3:20 Freestyle	EN1	
	{2 x 100 on 1:40 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
9:01 AM 6,180 Meters - Stress Value = 72			

Workout #1411 - Monday, 02 July 2001

Group 3 - Bronze

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 28:00 Stomach and Stretch	REC	
180	1 x 800 on 16:00 Swim-kick-pull-swim	SP3	
800	12 x 15 on :30 Shooters	EN2	
	8 x 100 on 2:20 Kick odds fast	EN1	
	1x{2 x 200 on 3:20 Pulls	EN1	
	{2 x 200 on 3:10 Pulls	EN1	
200	4 x 50 on 1:15 Breast descend	EN1	
	1x{1 x 500 on 8:45 Freestyle	EN1	
	{2 x 400 on 7:00 Freestyle	EN1	
	{3 x 300 on 5:15 Freestyle	EN1	
	{4 x 200 on 3:30 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
9:00 AM 5,980 Meters - Stress Value = 70			

Workout #1408 - Saturday, 30 June 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 PM Start			
850	1 on 30:00 Plyometrics/stretch	REC	
	1 x 850 on 17:00 Swim-kick-pull-swim		
	1 on 10:00 Sculling drills		
	1 on 10:00 Vertical Kicking		
240	12 x 20 on :45 Pit sprints	SP3	
	1 on 10:00 Techniques-Tennessee turn drills		
	4x{5 x 50 on 1:15 Stroke Drills	REC	
	{1 x 200 on 4:00 Individual Medley	EN1	
	1 on 15:00 Choice of game		
200	1 x 200 on 5:00 Stroke Drills	REC	
9:00 PM 3,090 Meters - Stress Value = 20			

Workout #1412 - Monday, 02 July 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
5:30 PM Start				
600	1 on 30:00 Stomach and Stretch	REC	L I	S C
	1 x 600 on 12:00 Choice			
	1 on 15:00 Techniques-Stanford turn drills			
180	12 x 15 on :30 Shooters OTB	SP3	S F	
	1x{1 x 100 on 2:30 Kick	EN2	K C	
	{1 x 100 on 2:25 Kick	EN2	K C	
	{1 x 100 on 2:20 Kick	EN2	K C	
	{1 x 100 on 2:15 Kick	EN2	K C	
	{1 x 100 on 2:10 Kick	EN2	K C	
	{1 x 100 on 2:05 Kick	EN2	K C	
	{1 x 100 on 2:00 Kick	EN2	K C	
	{ HOLD ALL UNDER 2:00			
300	3 x 100 on 1:30 Free LAST 50 FAST	EN1	S	
	4x{1 x 100 on 1:45 Stroke	EN1	S S	
	{1 x 50 on 2:00 Stroke for time	SP2	S S	
	{1 x 200 on 4:00 Individual Medley	REC	D	

Workout #1413 - Tuesday, 03 July 2001

8:53 AM 5,480 Meters - Stress Value = 62

Group 3 - Breast

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
800	1 on 30:00 Plyometrics/stretch	REC	I
180	1 x 800 on 16:00 Stroke Drills	SP3	£
1,200	2x{3 x 100 on 2:20 Kick	EN2	F
	{2 x 100 on 2:10 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
800	1x{4 x 100 on 1:40 Lungbuster pulls	EN1	F
	{4 x 100 on 1:30 Lungbuster pulls	EN1	F
400	2 x 200 on 3:30 Im 25 drill 25 swim	EN1	£
1,750	1x{5 x 50 on 1:05 Breaststroke	EN1	£
	{1 x 100 on 1:45 Breaststroke	EN2	£
	{4 x 50 on 1:00 Breaststroke	EN1	£
	{2 x 100 on 1:50 Breaststroke	EN1	£
	{3 x 50 on :55 Breaststroke	EN1	£
	{3 x 100 on 1:55 Breaststroke	EN1	£
	{2 x 50 on :50 Breaststroke	EN1	£
	{4 x 100 on 2:00 Breaststroke	EN1	£
	{1 x 50 on :45 Breaststroke	EN2	£
350	7 x 50 on 1:00 Stroke Drills	REC	I
8:56 AM 5,480 Meters - Stress Value = 65			

Workout #1417 - Tuesday, 03 July 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK
5:30 PM Start			
600	1 on 30:00 Stomach and Stretch	REC	L
	1 x 600 on 12:00 Reverse IM drill	REC	D
	1 on 15:00 Techniques-starts		D
180	12 x 15 on :45 Shooters	SP3	S
sets of three			
	2x{4 x 50 on :50 Pulls 4 brths	EN1	P
	{4 x 50 on :55 Pulls 3 brths	EN1	P
	{4 x 50 on 1:00 Pulls 2 brths	EN1	P
	1x{1 x 100 on 1:30 Freestyle	EN1	S
	{3 x 50 on 1:00 Butterfly 1&3 drill	EN1	D
	3x{1 x 100 on 1:45 Backstroke	EN1	S
	{3 x 50 on 1:00 Backstroke descend	EN2	S
300	1 x 300 on 6:00 Stroke Drills	REC	D
7:29 PM 3,280 Meters - Stress Value = 36			

Workout #1415 - Tuesday, 03 July 2001

Group 3 - Sprint

1 minute rest between sets

Meters	Set Description	EGY	WORK
6:30 AM Start			
800	1 on 30:00 Plyometrics/stretch	REC	I
180	1 x 800 on 16:00 Stroke Drills	SP3	£
1,200	2x{3 x 100 on 2:20 Kick	EN2	F
	{2 x 100 on 2:10 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
800	1x{4 x 100 on 1:40 Lungbuster pulls	EN1	F
	{4 x 100 on 1:30 Lungbuster pulls	EN1	F
	{ br 5-7 on 1st 4		
	{ br 7-9 2nd 4		
200	1 x 200 on 3:30 Im 25 drill 25 swim	EN1	£
2,000	1x{6 x 50 on 1:00 Descend 1-6	EN2	£
	{5 x 100 on 1:55 Descend 1-5	EN2	£
	{4 x 150 on 2:45 Descend 1-4	EN2	£
	{3 x 200 on 3:30 Descend 1-3	EN2	£
300	3 x 100 on 2:00 Stroke Drills	REC	I
8:56 AM 5,480 Meters - Stress Value = 88			

Workout #1414 - Tuesday, 03 July 2001

Group 3 - Fly & Back

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 30:00 Plyometrics/stretch	REC	
180	1 x 800 on 16:00 Stroke Drills	SP3	
1,200	2x{3 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
800	1x{4 x 100 on 1:40 Lungbuster pulls	EN1	
	{4 x 100 on 1:30 Lungbuster pulls	EN1	
	{ br 5-7 on 1st 4		
	{ br 7-9 2nd 4		
400	2 x 200 on 3:30 Im 25 drill 25 swim	EN1	
1,500	1x{4 x 150 on 2:45 50 strk 50 fr 50 str	EN1	
	{3 x 150 on 2:35 50 strk 50 fr 50 str	EN1	
	{2 x 150 on 2:25 50 strk 50 fr 50 str	EN1	
	{1 x 150 on 2:15 50 strk 50 fr 50 str	EN1	
600	6 x 100 on 2:00 Stroke Drills	REC	

Workout #1418 - Thursday, 05 July 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WC
6:30 AM Start			
1,000	1 on 30:00 Stomach and Stretch		
	1 x 1000 on 18:00 Choice-no more then 200m kicking	REC	
180	12 x 15 on :30 Shooters		SP3
	2x{2 x 100 on 2:15 Kick hold under 2:00		EN2
	{4 x 50 on 1:15 Kick w/out board		EN1
	1x{1 x 400 on 6:00 Pulls		EN1
	{1 x 300 on 4:45 Pulls		EN1
	{1 x 200 on 3:20 Pulls		EN1
	{1 x 100 on 1:45 Pulls		EN1
400	1 x 400 on 7:00 Individual Medley		EN1
	50 drill 50 swim		
	2x{1 x 100 on 2:00 Stroke Drills		REC
	{1 x 100 on 1:50 Your Stroke		EN1
	{1 x 100 on 1:45 Your Stroke		EN1
	{1 x 100 on 1:40 Your Stroke		EN2
	{1 x 100 on 2:00 Stroke Drills		REC
	{1 x 200 on 3:00 Freestyle-90% effort		EN2
300	6 x 50 on 1:15 Stroke Drills		REC
8:45 AM 5,080 Meters - Stress Value = 52			

Workout #1419 - Friday, 06 July 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters		SP3
	4x{1 x 100 on 2:30 Kick		EN2
	{1 x 100 on 2:15 Kick		EN2
	{1 x 100 on 2:00 Kick		EN2
	1x{3 x 250 on 4:00 Pulls		EN1
	{2 x 250 on 3:50 Pulls		EN1
	{1 x 250 on 3:40 Pulls		EN1
1,600	4 x 400 on 7:00 Freestyle		EN2
	Break at the 200 for 30 seconds rest and neg split 2nd 200		
200	1 x 200 on 4:00 Stroke Drills		REC
8:50 AM 5,480 Meters - Stress Value = 87			

Workout #1420 - Saturday, 07 July 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 PM Start			
	1 on 29:00 Stomach and Stretch		
800	1 x 800 on 16:00 Reverse IM drill	REC	I
180	12 x 15 on :30 Shooters		SP3
	4x{1 x 150 on 3:45 Kick		EN2
	{1 x 100 on 2:20 Kick		EN2
	{1 x 50 on 1:05 Kick		EN2
1,200	12 x 100 on 1:40 Lungbuster pulls odds br 5-7 evns br 6-8	EN1	I
300	6 x 50 on 1:00 Descend in sets of 3	EN1	S
	1x{4 x 200 on 3:30 Individual Medley	EN1	S
	{3 x 200 on 3:20 Individual Medley	EN1	S
	{2 x 200 on 3:10 Individual Medley	EN2	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
200	1 x 200 on 4:00 Choice	REC	I

9:00 PM 5,880 Meters - Stress Value = 79

Workout #1421 - Monday, 09 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Choice		REC
180	12 x 15 on :30 Shooters		SP3
	2x{1 x 300 on 7:00 Kick		EN2
	{1 x 200 on 4:40 Kick		EN2
	{1 x 100 on 2:20 Kick		EN2
1,200	8 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
400	1 x 400 on 7:00 Individual Medley		EN1
	1x{1 x 400 on 6:30 Freestyle		EN1
	{1 x 400 on 6:25 Freestyle		EN1
	{1 x 400 on 6:20 Freestyle		EN1
	{1 x 400 on 6:15 Freestyle		EN1
	{1 x 400 on 6:10 Freestyle		EN1
200	1 x 200 on 4:00 Stroke Drills		REC
8:59 AM 5,980 Meters - Stress Value = 71			

Workout #1425 - Monday, 09 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM Start			
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters OTB		SP3
	1 on 10:00 Techniques-finishes		
	1x{4 x 100 on 2:20 Kick		EN2
	{6 x 50 on 1:15 Kick des in 3's		EN2
	3x{4 x 50 on 1:15 Stroke Drills		EN1
	{1 x 100 on 2:00 Back-1st 15m fast		EN1
	{1 x 100 on 2:00 Back 15m in and out		EN1
	{ of turn fast		
	{1 x 100 on 2:00 Back last 20m fast		EN1
400	1 x 400 on 8:00 Stroke Drills		REC
7:30 PM 3,380 Meters - Stress Value = 40			

Workout #1423 - Monday, 09 July 2001

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Choice		REC
180	12 x 15 on :30 Shooters		SP3
	2x{1 x 300 on 7:00 Kick		EN2
	{1 x 200 on 4:40 Kick		EN2
	{1 x 100 on 2:20 Kick		EN2
1,200	8 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
400	1 x 400 on 7:00 Individual Medley		EN1
	1x{1 x 400 on 6:30 Freestyle		EN1
	{1 x 400 on 6:25 Freestyle		EN1
	{1 x 400 on 6:20 Freestyle		EN1
	{1 x 400 on 6:15 Freestyle		EN1
200	1 x 200 on 4:00 Stroke Drills		REC
8:53 AM 5,580 Meters - Stress Value = 67			

Workout #1422 - Monday, 09 July 2001

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{1	1 x 300 on 7:00 Kick	EN2	
	{1 x 200 on 4:40 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
900	6 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
400	1 x 400 on 7:00 Individual Medley	EN1	
1x{1	1 x 400 on 6:30 Freestyle	EN1	
	{1 x 400 on 6:25 Freestyle	EN1	
	{1 x 400 on 6:20 Freestyle	EN1	
	{1 x 400 on 6:15 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:30 AM 4,480 Meters - Stress Value = 51			

Workout #1426 - Monday, 09 July 2001

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters OTB	SP3	
	1 on 10:00 Techniques-finishes		
1x{3	3 x 100 on 2:30 Kick	EN2	
	{6 x 50 on 1:15 Kick des in 3's	EN2	
2x{4	4 x 50 on 1:15 Stroke Drills	EN1	
	{1 x 100 on 2:00 Back-1st 15m fast	EN1	
	{1 x 100 on 2:00 Back 15m in and out	EN1	
	{ of turn fast		
	{1 x 100 on 2:00 Back last 20m fast	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:08 PM 2,380 Meters - Stress Value = 32			

Workout #1424 - Monday, 09 July 2001

Group 2 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 20:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	1x{2 x 100 on 3:00 Kick	EN2	
	{2 x 100 on 2:55 Kick	EN2	
	{2 x 100 on 2:50 Kick	EN2	
600	1x{1 x 300 on 7:00 Pulls	EN1	
	{1 x 200 on 4:40 Pulls	EN1	
	{1 x 100 on 2:20 Pulls	EN1	
1,000	5 x 200 on 4:00 Freestyle des 1-4 #5 drill	EN2	
8:47 AM 3,180 Meters - Stress Value = 48			

Workout #1427 - Tuesday, 10 July 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 25:00 Stomach and Stretch		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	
1x{3	3 x 150 on 3:30 Kick	EN2	

	{3 x 100 on 2:00 Kick	EN2	
800	4 x 200 on 2:50 Lungbuster pulls	EN1	
	br 3-5-7-5		
1,500	15 x 100 on 1:30 Freestyle	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
7:39 AM 3,750 Meters - Stress Value = 43			

Workout #1429 - Tuesday, 10 July 2001

Group 3 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Stroke Drills	REC	
180	12 x 15 on :45 Backstroke Shooters	SP3	
	in sets of 3		
	1 on 15:00 Techniques-open trns		
1x{1	1 x 200 on 3:30 Pulls	EN1	
	{3 x 50 on :45 Pulls	EN1	
	{1 x 150 on 2:30 Pulls	EN1	
	{3 x 50 on :50 Pulls	EN1	
	{1 x 100 on 1:35 Pulls	EN1	
	{3 x 50 on :55 Pulls	EN1	
1x{1	1 x 200 on 3:30 Individual Medley	EN1	
	{1 x 200 on 3:15 Individual Medley	EN1	
3x{1	1 x 100 on 1:45 Breaststroke	EN1	
	{2 x 50 on 1:15 Stroke Drills	REC	
	{1 x 50 on 2:30 Breaststroke OTB	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
7:30 PM 3,080 Meters - Stress Value = 43			

Workout #1428 - Tuesday, 10 July 2001

Group 2 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
200	1 x 200 on 4:00 Stroke Drills	REC	
300	6 x 50 on 1:15 Kick	EN2	
600	2 x 300 on 6:00 Pulls	EN1	
300	3 x 100 on 2:30 Descend in sets of 3	EN1	
300	1 x 300 on 6:00 Stroke Drills	REC	
7:42 AM 1,700 Meters - Stress Value = 17			

Workout #1432 - Wednesday, 11 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
3x{1	1 x 150 on 3:45 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
1,200	4 x 300 on 4:45 Pulls	EN1	
300	6 x 50 on :55 25 drill 25 build	EN1	
1x{3	3 x 150 on 2:40 Descend in sets of 3	EN2	
	{3 x 150 on 2:30 Descend in sets of 3	EN2	
	{3 x 150 on 2:20 Descend in sets of 3	EN2	
150	10 x 15 on 1:30 Pit sprints	SP3	
300	1 x 300 on 6:00 Stroke Drills	REC	
9:00 AM 5,180 Meters - Stress Value = 81			

Workout #1431 - Wednesday, 11 July 2001

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
6:30 AM Start				
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	3x{1 x 150 on 3:45 Kick	EN2	K C	
	{1 x 100 on 2:20 Kick	EN2	K C	
	{1 x 50 on 1:05 Kick	EN2	K C	
1,200	4 x 300 on 4:45 Pulls	EN1	P	
500	10 x 50 on :55 25 drill 25 build	EN1	S	
600	3 x 200 on 8:00 Broken at each 50	SP2	S S	
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	2 on each stroke			
8:59 AM 4,980 Meters - Stress Value = 113				

Workout #1430 - Wednesday, 11 July 2001

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
6:30 AM Start				
600	1 x 600 on 16:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	3x{1 x 150 on 3:45 Kick	EN2	K C	
	{1 x 100 on 2:20 Kick	EN2	K C	
	{1 x 50 on 1:05 Kick	EN2	K C	
900	3 x 300 on 4:45 Pulls	EN1	P	
300	6 x 50 on 1:00 25 drill 25 build	EN1	S	
400	2 x 200 on 8:00 Broken at each 50	SP2	S S	
800	8 x 100 on 2:30 Stroke Drills	REC	D	
	2 on each stroke			
8:47 AM 4,080 Meters - Stress Value = 85				

Workout #1433 - Wednesday, 11 July 2001

Group 2 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
7:00 AM Start				
400	1 x 400 on 9:00 Reverse IM drill	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	
	2x{1 x 150 on 4:00 Kick	EN2	K C	
	{1 x 100 on 2:35 Kick	EN2	K C	
	{1 x 50 on 1:15 Kick	EN2	K C	
500	10 x 50 on 1:15 Pulls-nbbf&w	EN1	P	
200	1 x 200 on 4:00 Individual Medley	EN1	S	
	1x{5 x 50 on 1:30 Butterfly	EN1	S F	
	{5 x 50 on 1:10 Backstroke	EN1	S	
	{5 x 50 on 1:20 Breaststroke	EN1	S	
	{5 x 50 on 1:00 Freestyle	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
8:45 AM 3,080 Meters - Stress Value = 37				

Workout #1434 - Wednesday, 11 July 2001

Group 2 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
7:00 AM Start				
400	1 x 400 on 9:00 Reverse IM drill	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	

600	2x{1 x 150 on 4:00 Kick	EN2	K C	
	{1 x 100 on 2:35 Kick	EN2	K C	
	{1 x 50 on 1:15 Kick	EN2	K C	
500	10 x 50 on 1:15 Pulls-nbbf&w	EN1	P	
200	1 x 200 on 4:00 Individual Medley	EN1	S	
1,000	1x{5 x 50 on 1:30 Butterfly	EN1	S F	
	{5 x 50 on 1:10 Backstroke	EN1	S	
	{5 x 50 on 1:20 Breaststroke	EN1	S	
	{5 x 50 on 1:00 Freestyle	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
8:45 AM 3,080 Meters - Stress Value = 37				

Workout #1435 - Thursday, 12 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	1x{2 x 150 on 2:30 Pulls mid 50 br ev 5	EN1	
	{2 x 150 on 2:25 Pulls mid 50 br ev 6	EN1	
	{2 x 150 on 2:20 Pulls mid 50 br ev 7	EN1	
	{2 x 150 on 2:15 Pulls mid 50 br ev 8	EN1	
	1x{6 x 50 on :50 Freestyle	EN1	
	{4 x 100 on 2:00 Your Stroke	EN1	
	{6 x 50 on :45 Freestyle	EN1	
	{4 x 100 on 1:55 Your Stroke	EN1	
	{6 x 50 on :40 Freestyle	EN1	
	{4 x 100 on 1:50 Your Stroke	EN1	
400	4 x 100 on 2:00 Stroke Drills	REC	
8:47 AM 5,380 Meters - Stress Value = 62			

Workout #1439 - Thursday, 12 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WORK
5:30 PM Start			
600	1 on 30:00 Stomach and Stretch		I
180	1 x 600 on 12:00 Stroke Drills	REC	I
	12 x 15 on :30 Shooters OTB	SP3	S
	1 on 10:00 Techniques-starts		I
	1x{1 x 250 on 4:20 Pulls	EN1	F
	{1 x 200 on 3:20 Pulls	EN1	F
	{1 x 150 on 2:25 Pulls	EN1	F
	{1 x 100 on 1:35 Pulls	EN1	F
	{2 x 50 on :45 Pulls	EN1	F
	4x{1 x 200 on 4:00 Butterfly drill	EN1	S
	{2 x 50 on 2:00 Fly 15m under water	EN3	S
	{ off the blocks		
	{1 x 100 on 1:45 Fly w/ perfect form	EN1	S
300	3 x 100 on 2:00 Stroke Drills	REC	I
7:31 PM 3,480 Meters - Stress Value = 55			

Workout #1437 - Thursday, 12 July 2001

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
600	1 on 30:00 Stomach and Stretch		
180	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
900	6 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	3x{3 x 100 on 1:40 Freestyle	EN1	
	{2 x 100 on 1:55 Your Stroke	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{2 x 50 on 1:00 Your Stroke	EN1	
200	2 x 100 on 2:30 Stroke Drills	REC	
8:43 AM 5,030 Meters - Stress Value = 63			

Workout #1436 - Thursday, 12 July 2001

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
400	1 on 30:00 Stomach and Stretch		
180	1 x 400 on 12:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:30 Kick 100%	EN3	
600	4 x 150 on 2:15 Pulls	EN1	
	2x{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 100 on 1:45 Your Stroke	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{2 x 50 on :55 Your Stroke	EN1	
400	4 x 100 on 2:30 Stroke Drills	REC	
8:19 AM 3,580 Meters - Stress Value = 46			

Workout #1438 - Thursday, 12 July 2001

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WOF
5:30 PM Start			
400	1 on 30:00 Stomach and Stretch		
180	1 x 400 on 12:00 Stroke Drills	REC	
400	12 x 15 on :30 Shooters OTB	SP3	
	1 x 400 on 7:00 Pulls odd laps br ev seven strokes	EN1	
	1x{4 x 50 on 1:00 Stroke Drills	REC	
	{1 x 100 on 2:30 Freestyle -build	EN1	
	4x{1 x 25 on :00 Fast- OTB	SP3	
	{1 x 25 on 2:00 Stroke Drills	REC	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 25:00 Techniques-starts		
7:14 PM 1,680 Meters - Stress Value = 17			

Workout #1441 - Friday, 13 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	

2x{1 x 100 on 2:30 Kick	EN2
{1 x 100 on 2:25 Kick	EN2
{1 x 100 on 2:20 Kick	EN2
{1 x 100 on 2:15 Kick	EN2
{1 x 100 on 2:10 Kick	EN2
1,000 5 x 200 on 3:15 Lungbuster pulls	EN1
br 3-5-7-9 by the 50	
4x{4 x 50 on 1:00 Stroke Drills-build	EN1
{1 x 200 on 3:30 Individual Medley	EN1
400 1 x 400 on 8:00 Stroke Drills	REC
8:46 AM 4,980 Meters - Stress Value = 57	

Workout #1440 - Friday, 13 July 2001

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	1x{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
400	2 x 200 on 3:15 Lungbuster pulls	EN1	
	br 3-5-7-9 by the 50		
	4x{4 x 50 on 1:00 Stroke Drills-build	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:18 AM 3,580 Meters - Stress Value = 38			

Workout #1442 - Friday, 13 July 2001

Group 2 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	S
7:00 AM Start				
800	1 on 20:00 Stomach and Stretch		L	F
	8 x 100 on 3:00 Stroke Drills	REC	D	C
	odds free evens strk			
150	10 x 15 on :45 Shooters	SP3	S	C
400	8 x 50 on 1:30 Kick w/out a board	EN1	K	
	2 on each stroke			
400	4 x 100 on 2:30 Pulls br 3-5 by 50's	EN1	P	
500	5 x 100 on 2:00 Freestyle	EN1	S	
	1 on 15:00 Sculling drills	EN1	D	C
8:43 AM 2,250 Meters - Stress Value = 21				

Workout #1447 - Monday, 16 July 2001

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
600	1 x 600 on 12:00 Reverse IM drill	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	FR
	1 on 10:00 Tennessee turn drills		D	
600	12 x 50 on 1:15 Kick w/out board	EN1	K	CHO
	3 on each stroke			
600	3 x 200 on 4:00 Individual Medley	EN1	S	FR
	1x{1 x 200 on 3:15 Freestyle	EN1	S	FR
	{1 x 200 on 3:30 Free last 50 fast	EN2	S	FR
	{1 x 200 on 3:45 Free last 100 fast	EN2	S	FR
	{1 x 200 on 4:00 Free last 150 fast	EN3	S	FR
	{1 x 200 on 4:15 Freestyle all fast	EN3	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	7:24 PM 3,280 Meters - Stress Value = 58			

Workout #1443 - Monday, 16 July 2001

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
800	1 x 800 on 16:00 Stroke Drills	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	FR
	5x{1 x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 100 on 2:30 Kick	EN1	K	CHO
	1x{1 x 300 on 5:00 Pulls	EN1	P	FR
	{2 x 300 on 4:45 Pulls	EN1	P	FR
	{3 x 300 on 4:30 Pulls	EN1	P	FR
	1x{3 x 100 on 1:50 Butterfly	EN1	S	FLY
	{3 x 100 on 1:40 Backstroke	EN1	S	BK
	{3 x 100 on 2:00 Breaststroke	EN1	S	BR
	{3 x 100 on 1:30 Freestyle	EN1	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	Thumb drag/catch-up			
	8:43 AM 5,180 Meters - Stress Value = 57			

Workout #1445 - Monday, 16 July 2001

Group 3 - Taper 2

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
800	1 x 800 on 16:00 Stroke Drills	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	FR
	4x{1 x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 100 on 2:30 Kick	EN1	K	CHO
	1x{1 x 300 on 5:00 Pulls	EN1	P	FR
	{1 x 300 on 4:45 Pulls	EN1	P	FR
	{1 x 300 on 4:30 Pulls	EN1	P	FR
	1x{2 x 50 on 1:00 Butterfly	REC	D	FLY
	{3 x 100 on 1:50 Butterfly	EN1	S	FLY
	{2 x 50 on 1:00 Backstroke	REC	D	BK
	{3 x 100 on 1:40 Backstroke	EN1	S	BK
	{2 x 50 on 1:00 Breaststroke	REC	D	BR
	{3 x 100 on 2:00 Breaststroke	EN1	S	BR
	{2 x 50 on 1:00 Freestyle	REC	D	FR
	{3 x 100 on 1:30 Freestyle	EN1	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	Thumb drag/catch-up			
	8:33 AM 4,480 Meters - Stress Value = 42			

Workout #1444 - Monday, 16 July 2001

Group 3 - Senior State

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
600	1 x 600 on 16:00 Stroke Drills	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	FR
400	4 x 100 on 2:30 Kick	EN1	K	CHO
400	4 x 100 on 1:45 Pulls	EN1	P	FR
	1x{4 x 50 on 1:15 Butterfly	REC	D	FLY
	{1 x 100 on 1:45 Butterfly	EN1	S	FLY
	{4 x 50 on 1:15 Backstroke	REC	D	BK
	{1 x 100 on 1:45 Backstroke	EN1	S	BK
	{4 x 50 on 1:15 Breaststroke	REC	D	BR
	{1 x 100 on 1:45 Breaststroke	EN1	S	BR
	{4 x 50 on 1:15 Freestyle	REC	D	FR
	{1 x 100 on 1:45 Freestyle	EN1	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	Thumb drag/catch-up			
	8:15 AM 2,980 Meters - Stress Value = 20			

Workout #1446 - Monday, 16 July 2001

Group 2 - All

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
200	1 x 200 on 5:00 Kick	EN1	
300	1 x 300 on 5:00 Pull	EN1	
1,000	4x{1 x 100 on 2:30 Stroke Drills	REC	
	{3 x 50 on 1:30 Descend	EN1	
400	4 x 100 on 3:00 Stroke Drills	REC	
	8:30 AM 2,450 Meters - Stress Value = 19		

Workout #1452 - Tuesday, 17 July 2001

Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
600	1 x 600 on 12:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	FR
	1 on 15:00 Tennessee turn drills		D	
	1x{6 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	P	
	{4 x 50 on :50 Pulls-nbbf&w	EN1	P	
	{3 x 50 on :45 Pulls-nbbf&w	EN1	P	
300	3 x 100 on 1:40 Freestyle-descend	EN1	S	
	3x{1 x 200 on 3:30 Individual Medley	EN1	S	
	{2 x 50 on 1:00 Freestyle-build	EN1	S	
	{1 x 50 on 2:00 OTB	SP2	S	
300	1 x 300 on 6:00 Stroke Drills	REC	D	
	7:29 PM 3,330 Meters - Stress Value = 47			

Workout #1450 - Tuesday, 17 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	2x{2 x 100 on 2:20 Kick	EN1	K
	{4 x 50 on 1:10 Kick	EN1	K
	1x{2 x 200 on 3:00 Pulls	EN1	P
	{2 x 250 on 4:00 Pulls	EN1	P
	{2 x 300 on 5:00 Pulls	EN1	P
200	1 x 200 on 4:00 Free build each 50	EN1	S
	1x{2 x 400 on 6:30 Freestyle	EN1	S
	{2 x 400 on 6:15 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	8:44 AM 5,280 Meters - Stress Value = 53		

Workout #1449 - Tuesday, 17 July 2001

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	2x{2 x 100 on 2:20 Kick	EN1	K
	{4 x 50 on 1:10 Kick	EN1	K
1,500	6 x 250 on 4:00 Pulls	EN1	P
200	1 x 200 on 4:00 Free build each 50	EN1	S
400	2 x 200 on 8:00 Broken at each 50	SP2	S
	R. 10, 20, 30 second		
400	1 x 400 on 6:00 Stroke Drills	REC	D
	8:37 AM 4,280 Meters - Stress Value = 79		

Workout #1448 - Tuesday, 17 July 2001

Group 3 - Senior State

1 minute rest between sets

Meters	Set Description	EGY	WORK	STF
	1 on 30:00 Stomach and Stretch		L	DRY
500	1 x 500 on 16:00 Choice	REC	S	CHC
180	12 x 15 on :30 Shooters	SP3	S	CHC
	1x{2 x 100 on 2:20 Kick	EN1	K	CHC
	{4 x 50 on 1:10 Kick	EN1	K	CHC
500	2 x 250 on 4:00 Pulls	EN1	P	FF
1,200	3 x 400 on 6:30 Freestyle	EN1	S	FF
200	1 x 200 on 5:00 Six kick switch	REC	S	CI
	8:10 AM 2,980 Meters - Stress Value = 31			

Workout #1451 - Tuesday, 17 July 2001

Group 2 - All

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:30 Kick	EN2	
	{3 x 50 on 1:20 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	1x{1 x 300 on 6:00 Pulls	EN1	

	{1 x 200 on 4:00 Pulls	EN1
	{1 x 100 on 2:00 Pulls	EN1
	3x{4 x 50 on 1:30 Butterfly	EN2
	{1 on 1:00 Rest	
200	1 x 200 on 4:00 Stroke Drills	REC
	8:31 AM 2,450 Meters - Stress Value = 36	

Workout #1453 - Wednesday, 18 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 400 on 10:00 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	1x{3 x 150 on 2:30 Pulls mid 50 br ev 9	EN1	
	{3 x 150 on 2:20 Pulls mid 50 br ev 5	EN1	
	{2 x 150 on 2:10 Pulls mid 50 br ev 5	EN1	
300	6 x 50 on :45 Freestyle	EN1	
	1x{5 x 100 on 1:50 Your Stroke	EN1	
	{4 x 100 on 1:45 Your Stroke	EN1	
	{3 x 100 on 1:40 Your Stroke	EN1	
	{2 x 100 on 1:35 Your Stroke	EN1	
	{1 x 100 on 1:30 Your Stroke	EN1	
400	1 x 400 on 6:00 Stroke Drill	REC	
	8:39 AM 4,980 Meters - Stress Value = 55		

Workout #1455 - Wednesday, 18 July 2001

Group 3 - Taper 2

1 minute rest between sets

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 400 on 10:00 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	6 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	1x{4 x 100 on 1:45 Your Stroke	EN1	
	{3 x 100 on 1:40 Your Stroke	EN1	
	{2 x 100 on 1:35 Your Stroke	EN1	
	{1 x 100 on 1:30 Your Stroke	EN1	
500	10 x 50 on 1:15 Stroke Drills	REC	
	8:27 AM 3,980 Meters - Stress Value = 45		

Workout #1454 - Wednesday, 18 July 2001

Group 3 - Senior State

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
400	1 x 400 on 10:00 Kick	EN1	
600	4 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	1x{4 x 100 on 1:45 Your Stroke	EN1	
	{3 x 100 on 1:40 Your Stroke	EN1	
	{2 x 100 on 1:35 Your Stroke	EN1	
	{1 x 100 on 1:30 Your Stroke	EN1	
400	8 x 50 on 1:15 Stroke Drills	REC	
	2 on each stroke		
8:10 AM 2,980 Meters - Stress Value = 29			

Workout #1456 - Thursday, 19 July 2001

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	SI
	1 on 30:00 Stomach and Stretch		L	DF
800	1 x 800 on 16:00 Choice	REC	S	CF
180	12 x 15 on :30 Shooters	SP3	S	F
	3x{3 x 50 on 1:15 Kick	EN2	K	CF
	{3 x 50 on 1:00 Kick	EN2	K	CF
800	8 x 100 on 1:40 Lungbuster pulls	EN1	P	F
	2x{3 x 200 on 3:00 Freestyle	EN1	S	F
	{2 x 100 on 1:25 Freestyle	EN1	S	F
	{1 x 50 on :40 Freestyle	EN1	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
8:30 AM 4,580 Meters - Stress Value = 55				

Workout #1457 - Thursday, 19 July 2001

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
600	1 x 600 on 12:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	
	1x{4 x 100 on 2:30 Kick	EN2	K	C
	{3 x 100 on 2:20 Kick	EN2	K	C
	{2 x 100 on 2:10 Kick	EN2	K	C
1,200	3 x 400 on 6:00 Pulls	EN1	P	
	1x{2 x 200 on 3:30 Individual Medley	EN1	S	
	{2 x 200 on 3:20 Individual Medley	EN1	S	
	{2 x 200 on 3:10 Individual Medley	EN1	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
8:31 AM 4,480 Meters - Stress Value = 53				

Workout #1458 - Thursday, 19 July 2001

Group 3 - Taper 2

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
600	1 x 600 on 12:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	
	1x{4 x 100 on 2:30 Kick	EN2	K	C
	{3 x 100 on 2:20 Kick	EN2	K	C
	{2 x 100 on 2:10 Kick	EN2	K	C

800	2 x 400 on 6:45 Pulls	EN1	P
	1x{4 x 200 on 3:30 Individual Medley	EN1	S
	{6 x 50 on 1:00 Your Stroke	EN1	S
400	8 x 50 on 1:15 Stroke Drills	REC	D
8:29 AM 3,980 Meters - Stress Value = 49			

Workout #1460 - Thursday, 19 July 2001

Group 3 - Taper 2

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
800	1 x 800 on 16:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	
	1x{6 x 50 on 1:15 Kick	EN2	K	C
	{5 x 50 on 1:00 Kick	EN2	K	C
	{4 x 50 on 1:05 Kick	EN2	K	C
800	8 x 100 on 1:45 Lungbuster pulls	EN1	P	
	3x{1 x 200 on 4:00 Individual Medley	EN1	S	
	{1 x 100 on 1:40 Freestyle	EN1	S	
	{1 x 100 on 1:45 Freestyle-build	EN1	S	
	{1 x 100 on 1:50 Freestyle-drill	EN1	D	
8:25 AM 4,030 Meters - Stress Value = 50				

Workout #1459 - Thursday, 19 July 2001

Group 3 - Senior State

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
600	1 x 600 on 16:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	
500	10 x 50 on 1:15 Kick	EN1	K	C
500	5 x 100 on 1:45 Lungbuster pulls	EN1	P	
	2x{1 x 200 on 4:00 Individual Medley	EN1	S	
	{1 x 100 on 1:40 Freestyle	EN1	S	
	{1 x 100 on 1:45 Freestyle-build	EN1	S	
	{1 x 100 on 1:50 Freestyle-drill	EN1	D	
8:07 AM 2,780 Meters - Stress Value = 30				

Workout #1461 - Thursday, 19 July 2001

Group 2 - All

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WORK	S
	1 on 20:00 Stomach and Stretch		L	I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	C
150	10 x 15 on :30 Shooters	SP3	S	
600	2x{1 x 150 on 4:00 Kick	EN2	K	C
	{1 x 100 on 2:30 Kick	EN2	K	C
	{1 x 50 on 1:10 Kick	EN2	K	C
500	1 x 500 on 10:00 Pulls	EN1	P	
1,000	1x{4 x 100 on 2:30 Breaststroke	EN1	S	
	{3 x 100 on 2:25 Breaststroke	EN2	S	
	{2 x 100 on 2:20 Breaststroke	EN2	S	
	{1 x 100 on 2:15 Breaststroke	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
8:33 AM 2,850 Meters - Stress Value = 43				

Workout #1462 - Thursday, 19 July 2001

Group 2 - All

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 20:00 Stomach and Stretch		L I	
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :30 Backstroke	SP3	S	
400	8 x 50 on 1:20 Kick	EN2	K C	
500	5 x 100 on 2:15 Pulls	EN1	P	
1,200	2x{1 x 200 on 4:20 Backstroke	EN1	S	
	{2 x 100 on 2:10 Backstroke	EN1	S	
	{4 x 50 on 1:05 Backstroke	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	8:33 AM 2,850 Meters - Stress Value = 34			

Workout #1464 - Saturday, 21 July 2001

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 3:30 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
1,000	1 x 1000 on 15:00 Pulls	EN1	
1,000	2 x 500 on 7:00 Pulls	EN1	
600	6 x 100 on 1:30 Descend to Ludicrous speed!!!!	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:29 AM 4,580 Meters - Stress Value = 63		

Workout #1463 - Saturday, 21 July 2001

Group 3 - Taper 2

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{1 x 150 on 3:30 Kick	EN2	K	
	{1 x 100 on 2:20 Kick	EN2	K	
	{1 x 50 on 1:10 Kick	EN2	K	
700	1 x 700 on 12:00 Pulls	EN1	P	
300	6 x 50 on :50 Freestyle	EN1	S	
200	1 x 200 on 8:00 Broken IM 10,20,30	SP2	S	
100	1 x 100 on 6:00 Broken free 25 sec rest at the 50	SP2	S	
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	8:26 AM 3,480 Meters - Stress Value = 65			

Workout #1465 - Saturday, 21 July 2001

Group 2 - All

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 20:00 Stomach and Stretch		L I	
400	1 x 400 on 10:00 Choice	REC	S C	
180	12 x 15 on :30 Shooters	SP3	S	
600	3 x 200 on 5:00 Kick	EN2	K C	
	1x{4 x 50 on 1:15 Pulls	EN1	P	
	{4 x 50 on 1:10 Pulls	EN1	P	

	{4 x 50 on 1:05 Pulls	EN1	P
	2x{1 x 200 on 4:30 Individual Medley	EN1	S
	{3 x 50 on 1:15 Stroke	EN1	S S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	8:30 AM 2,680 Meters - Stress Value = 34		

Workout #1468 - Monday, 23 July 2001

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{2 x 100 on 2:20 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
900	6 x 150 on 2:30 Pulls mid 50 br ev 9	EN1	
	1x{2 x 200 on 3:30 Freestyle	EN1	
	{2 x 200 on 3:25 Freestyle	EN1	
	{2 x 200 on 3:20 Freestyle	EN1	
	{2 x 200 on 3:15 Freestyle	EN1	
200	4 x 50 on 1:15 Stroke Drills	REC	
	8:30 AM 4,380 Meters - Stress Value = 48		

Workout #1467 - Monday, 23 July 2001

Group 3 - Taper 2

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
600	1 x 600 on 12:00 Choice	REC	S	CHO
180	12 x 15 on :30 Shooters	SP3	S	FR
500	5 x 100 on 2:20 Kick	EN1	K	CHO
500	2 x 250 on 4:00 Pulls	EN1	P	FR
	1x{2 x 200 on 3:30 Freestyle	EN1	S	FR
	{2 x 200 on 3:25 Freestyle	EN1	S	FR
	{2 x 200 on 3:20 Freestyle	EN1	S	FR
	{2 x 200 on 3:15 Freestyle	EN1	S	FR
200	4 x 50 on 1:15 Stroke Drills	REC	D	CD
	8:15 AM 3,580 Meters - Stress Value = 36			

Workout #1466 - Monday, 23 July 2001

Group 3 - Sectional

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK	PF
	1 on 30:00 Stomach and Stretch		L	DRY	
400	1 x 400 on 12:00 Choice	REC	S	CHO	3:
180	12 x 15 on :30 Shooters	SP3	S	FR	3:
400	4 x 100 on 2:30 Kick	EN1	K	CHO	2:
400	1 x 400 on 7:00 Pull	EN1	P	FR	1:
1,200	12 x 100 on 2:15 Stroke Drills	REC	D	IM	2:
	3 on each stroke				
	8:06 AM 2,580 Meters - Stress Value = 16				

Workout #1469 - Monday, 23 July 2001

Group 2 - All

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
7:00 PM Start				
500	1 on 20:00 Stomach and Stretch		L	DRY
500	5 x 100 on 2:30 Stroke Drills	REC	D	FR
150	10 x 15 on :30 Shooters	SP3	S	FR
	1x{3 x 50 on 1:30 Kick	EN2	K	CHO
	{3 x 50 on 1:20 Kick	EN2	K	CHO
	{2 x 50 on 1:10 Kick	EN2	K	CHO
500	1 x 500 on 10:00 Pull	EN1	P	FR
	1x{1 x 250 on 6:00 Freestyle	EN1	S	FR
	{1 x 200 on 4:30 Freestyle	EN1	S	FR
	{1 x 150 on 3:15 Freestyle	EN1	S	FR
	{1 x 100 on 2:05 Freestyle	EN1	S	FR
	{1 x 50 on 1:00 Freestyle	EN1	S	FR
150	3 x 50 on 1:30 Freestyle	EN2	S	FR
	all 100% effort!!			
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
8:31 PM 2,650 Meters - Stress Value = 31				

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
600	1 on 30:00 Stomach and Stretch		
180	12 x 15 on :30 Shooters		
	1x{4 x 50 on 1:20 Kick	REC	
	{4 x 50 on 1:10 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
600	6 x 100 on 1:40 Lungbuster pulls		EN1
	odds br 5-7 evens7-9		
	2x{2 x 100 on 1:30 Freestyle		EN1
	{2 x 50 on 1:00 Your Stroke-no free		EN1
200	2 x 100 on 6:00 Broken at the 50		SP2
	#1 R.10 sec #2 R. 20		
400	1 x 400 on 8:00 Stroke Drills		REC
8:16 AM 3,080 Meters - Stress Value = 53			

Workout #1475 - Tuesday, 24 July 2001

Group 3 - Taper 2

1 minute rest between sets

Workout #1470 - Tuesday, 24 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
6:30 AM Start				
600	1 on 30:00 Stomach and Stretch		L	I
180	12 x 15 on :30 Shooters	SP3	S	
600	6 x 100 on 2:15 Kick	EN2	K	C
600	12 x 50 on :55 Pulls-nbbf&w	EN1	P	
	4x{3 x 100 on 1:45 Freestyle-descend	EN1	S	
	{4 x 50 on 1:00 Stroke Drills	EN1	D	C
200	1 x 200 on 5:00 Reverse IM drill	REC	D	
8:30 AM 4,180 Meters - Stress Value = 50				

Meters	Set Description	EGY	WORK	STK
6:30 AM Start				
400	1 on 30:00 Stomach and Stretch		L	I
180	12 x 15 on :30 Shooters	SP3	S	
300	1 x 300 on 8:00 Kick	EN1	K	C
400	8 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	3x{3 x 100 on 1:45 Freestyle-descend	EN1	S	
	{4 x 50 on 1:00 Stroke Drills	EN1	D	C
200	1 x 200 on 5:00 Reverse IM drill	REC	D	
8:12 AM 2,980 Meters - Stress Value = 32				

Workout #1471 - Tuesday, 24 July 2001

Group 3 - Sectional

1 minute rest between sets

Workout #1473 - Tuesday, 24 July 2001

Group 3 - Taper 1

1 minute rest between sets

Meters	Set Description	EGY	WOF
6:30 AM Start			
600	1 on 30:00 Stomach and Stretch		
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
600	6 x 100 on 1:40 Lungbuster pulls		EN1
	odds br 5-7 evens7-9		
	2x{2 x 100 on 1:30 Freestyle		EN1
	{2 x 50 on 1:00 Your Stroke-no free		EN1
	1x{1 x 200 on 3:00 Freestyle		EN1
	{4 x 50 on :35 Freestyle		EN2
	{1 x 200 on 2:50 Freestyle		EN1
	{4 x 50 on :40 Freestyle		EN2
	{1 x 200 on 2:40 Freestyle		EN2
	{4 x 50 on :45 Freestyle		EN1
	{1 x 200 on 2:30 Freestyle		EN2
	{4 x 50 on :50 Freestyle		EN1
	{1 x 200 on 2:20 Freestyle		EN2
300	1 x 300 on 5:00 Stroke Drills		REC
8:27 AM 4,680 Meters - Stress Value = 61			

Meters	Set Description	EGY	WOF
6:30 AM Start			
400	1 on 30:00 Stomach and Stretch		
180	12 x 15 on :30 Shooters		
300	6 x 50 on 1:10 Kick		EN1
300	3 x 100 on 1:40 Lungbuster pulls		EN1
	br 5-7		
	4x{2 x 100 on 1:30 Freestyle		EN1
	{2 x 50 on 1:00 Your Stroke-no free		EN1
200	1 x 200 on 4:00 Stroke Drills		REC
7:59 AM 2,580 Meters - Stress Value = 27			

Workout #1472 - Tuesday, 24 July 2001

Group 3 - Taper 2

Workout #1474 - Tuesday, 24 July 2001

Group 3 - Sectional

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		L I	
400	1 x 400 on 12:00 Choice	REC	S C	
180	12 x 15 on :30 Shooters	SP3	S	
300	1 x 300 on 8:00 Kick	EN1	K C	
300	6 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	3x{1 x 100 on 1:40 Freestyle	EN1	S	
	{2 x 50 on 1:00 Stroke Drills	EN1	D C	
	{1 x 200 on 3:30 Individual Medley	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	8:02 AM 2,580 Meters - Stress Value = 27			

Workout #1476 - Tuesday, 24 July 2001

Group 2 - All

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 20:00 Stomach and Stretch		L I	
300	1 x 300 on 7:00 Stroke Drills	REC	D	
180	12 x 15 on :30 Shooters	SP3	S F	
600	4 x 150 on 4:00 Kick	EN2	K C	
400	8 x 50 on 1:15 Pulls-nbbf&w	EN1	P	
	2x{1 x 200 on 5:00 Backstroke	EN1	S	
	{3 x 50 on 1:30 Backstroke-descend	EN2	S	
	{1 x 100 on 3:00 Stroke Drills	REC	D	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	8:33 AM 2,580 Meters - Stress Value = 36			

Workout #1478 - Thursday, 26 July 2001

Group 3 - Taper 1

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		I	
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	
180	12 x 15 on :30 Shooters	SP3	S	
	1x{2 x 100 on 2:30 Kick	EN1	F	
	{2 x 100 on 2:20 Kick	EN2	F	
	{2 x 100 on 2:10 Kick	EN2	F	
	1x{4 x 150 on 2:30 Pulls	EN1	F	
	{3 x 100 on 1:35 Pulls	EN1	F	
	{2 x 50 on :45 Pulls	EN1	F	
	3x{3 x 50 on 1:00 Freestyle	EN1	S	
	{3 x 50 on :55 Freestyle	EN1	S	
	{3 x 50 on :50 Freestyle	EN1	S	
	{3 x 50 on :45 Freestyle	EN1	S	
	{1 on :30 Rest		M	
400	4 x 100 on 2:00 Stroke Drills	REC	I	
	8:31 AM 4,380 Meters - Stress Value = 45			

Workout #1477 - Thursday, 26 July 2001

Group 3 - Taper 2

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		I	
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S	
180	12 x 15 on :30 Shooters	SP3	S	
	1x{2 x 100 on 2:30 Kick	EN1	F	
	{2 x 100 on 2:20 Kick	EN2	F	

1x{2 x 150 on 2:30 Pulls	EN1	F
{2 x 150 on 2:20 Pulls	EN1	F
1x{3 x 50 on 1:00 Freestyle	EN1	S
{3 x 50 on :55 Freestyle	EN1	S
{3 x 50 on :50 Freestyle	EN1	S
{3 x 50 on :45 Freestyle	EN1	S
9 x 100 on 2:15 Stroke Drills	REC	I

8:11 AM 3,080 Meters - Stress Value = 28

Workout #1479 - Thursday, 26 July 2001

Group 2 - All

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WOF	S
=====	=====	=====	=====	=====
	1 on 20:00 Stomach and Stretch			
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC		
150	10 x 15 on :30 Shooters	SP3		
	1x{2 x 50 on 1:30 Kick	EN1		
	{2 x 50 on 1:25 Kick	EN1		
	{2 x 50 on 1:20 Kick	EN1		
400	4 x 100 on 2:00 Pulls	EN1		
	1x{1 x 200 on 6:00 Breaststroke	EN1		
	{2 x 150 on 4:15 Breaststroke	EN1		
	{3 x 100 on 2:40 Breaststroke	EN1		
	{4 x 50 on 1:15 Breaststroke	EN1		
200	1 x 200 on 4:00 Stroke Drills	REC		
	8:29 AM 2,450 Meters - Stress Value = 24			

Workout #1480 - Monday, 30 July 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF	S
=====	=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch			
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :30 Shooters	SP3		
	2x{1 x 150 on 3:45 Kick	EN2		
	{1 x 100 on 2:20 Kick	EN2		
	{1 x 50 on 1:05 Kick	EN2		
600	6 x 100 on 1:40 Lungbuster pulls	EN1		
	odds br 5-7 evns 4-6			
300	6 x 50 on :50 Freestyle	EN1		
	1x{2 x 200 on 3:15 Freestyle	EN1		
	{2 x 200 on 3:10 Freestyle	EN1		
	{2 x 200 on 3:05 Freestyle	EN1		
	{1 x 200 on 3:00 Freestyle	EN1		
150	1 x 150 on 3:00 Stroke Drills	REC		
	1 on 10:00 Sharks and minnows			
	8:33 AM 4,030 Meters - Stress Value = 45			

Workout #1481 - Monday, 30 July 2001

Group 2 - All

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:30 Kick	EN2	
	{2 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
500	10 x 50 on 1:15 Pulls	EN1	
	1x{2 x 150 on 3:00 Freestyle	EN1	
	{2 x 150 on 2:50 Freestyle	EN1	
	{2 x 150 on 2:40 Freestyle	EN1	
	1 on 10:00 Sharks and minnows		
	8:31 AM 2,450 Meters - Stress Value = 32		

Workout #1482 - Tuesday, 31 July 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L DRY	
800	1 x 800 on 16:00 Choice	REC	S CHO	
180	12 x 15 on :30 Shooters	SP3	S BR	
	4x{1 x 100 on 2:15 Kick	EN2	K CHO	
	{1 x 100 on 2:00 Kick	EN2	K CHO	
	1x{1 x 400 on 6:30 Pulls	EN1	P FR	
	{1 x 400 on 6:15 Pulls	EN1	P FR	
	1x{1 x 200 on 4:10 Breaststroke	EN1	S BR	
	{2 x 150 on 3:00 Breaststroke	EN1	S BR	
	{3 x 100 on 1:55 Breaststroke	EN1	S BR	
	{4 x 50 on :55 Breaststroke	EN1	S BR	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	
	1 on 10:00 Pigeon	EN1	S	
	8:31 AM 3,780 Meters - Stress Value = 44			

Workout #1483 - Tuesday, 31 July 2001

Group 2 - All

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WORK	STK
	1 on 20:00 Stomach and Stretch		L DRY	
400	1 x 400 on 10:00 Stroke Drills	REC	D CD	
150	10 x 15 on :30 Shooters	SP3	S BR	
	1x{1 x 100 on 3:00 Kick	EN2	K CHO	
	{1 x 100 on 2:50 Kick	EN2	K CHO	
	{1 x 100 on 2:40 Kick	EN2	K CHO	
	{1 x 100 on 2:30 Kick	EN2	K CHO	
600	3 x 200 on 4:00 Pulls	EN1	P FR	
	1x{4 x 50 on 1:30 Breaststroke	EN1	S BR	
	{3 x 50 on 1:20 Breaststroke	EN1	S BR	
	{2 x 50 on 1:10 Breaststroke	EN1	S BR	
	{1 x 50 on 1:00 Breaststroke	EN1	S BR	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	
	1 on 9:00 Pigeon		S	
	8:30 AM 2,250 Meters - Stress Value = 27			

Workout #1484 - Wednesday, 01 August 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WORK	STK

	1 on 30:00 Stomach and Stretch		L I
800	1 x 800 on 16:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S F
	2x{1 x 200 on 5:00 Kick	EN1	K C
	{4 x 50 on 1:10 Sprint kick	EN2	K C
750	3 x 250 on 3:45 Pulls	EN1	P
200	1 x 200 on 3:00 Freestyle-build	EN1	S
	1x{4 x 100 on 1:50 Backstroke	EN1	S
	{4 x 100 on 1:45 Backstroke	EN1	S
	{4 x 100 on 1:40 Backstroke	EN1	S
	1 on 10:00 Water polo		S
	8:33 AM 3,930 Meters - Stress Value = 44		

Workout #1485 - Thursday, 02 August 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	1x{2 x 100 on 1:45 Lungbuster pulls	EN1	
	{ breathe 4-5		
	{2 x 100 on 1:40 Lungbuster pulls	EN1	
	{ breathe 5-6		
	{2 x 100 on 1:35 Lungbuster pulls	EN1	
	{ breathe 6-7		
	{2 x 100 on 1:30 Lungbuster pulls	EN1	
	{ breathe 7-8		
300	6 x 50 on :55 Descend in sets of 3	EN1	
	1x{2 x 200 on 3:30 Individual Medley	EN1	
	{2 x 200 on 3:20 Individual Medley	EN1	
	{2 x 200 on 3:10 Individual Medley	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:30 AM 4,280 Meters - Stress Value = 47		

Workout #1486 - Thursday, 02 August 2001

Group 2 - All

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WOF
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
600	6 x 100 on 2:30 Kick	EN2	
	1x{1 x 50 on 1:00 Pulls	EN1	
	{1 x 100 on 2:00 Pulls	EN1	
	{1 x 150 on 3:00 Pulls	EN1	
	{1 x 200 on 4:00 Pulls	EN1	
	1x{3 x 50 on 1:30 Butterfly	EN1	
	{3 x 50 on 1:25 Butterfly	EN1	
	{3 x 50 on 1:20 Butterfly	EN1	
	{3 x 50 on 1:15 Butterfly	EN1	
300	1 x 300 on 8:00 Stroke Drills	REC	
	8:30 AM 2,550 Meters - Stress Value = 33		

Workout #1487 - Friday, 03 August 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WORK STK
	1 on 30:00 Stomach and Stretch		L DRY
800	1 x 800 on 16:00 Choice	REC	S CHO
180	12 x 15 on :30 Shooters	SP3	S CHO
1x	{1 x 100 on 2:00 Kick	EN2	K CHO
	{1 x 50 on 1:15 Kick	EN2	K CHO
	{1 x 100 on 2:10 Kick	EN2	K CHO
	{2 x 50 on 1:10 Kick	EN2	K CHO
	{1 x 100 on 2:20 Kick	EN2	K CHO
	{3 x 50 on 1:05 Kick	EN2	K CHO
	{1 x 100 on 2:30 Kick	EN2	K CHO
1x	{1 x 400 on 6:00 Pulls	EN1	P FR
	{1 x 300 on 4:45 Pulls	EN1	P FR
	{1 x 200 on 3:20 Pulls	EN1	P FR
	{1 x 100 on 1:45 Pulls	EN1	P FR
3x	{4 x 50 on :55 Butterfly	EN2	S FLY
	{1 x 100 on 2:00 Freestyle	REC	S FR
400	1 x 400 on 6:00 Stroke Drills	REC	D CD
8:22 AM 3,980 Meters - Stress Value = 45			

Workout #1490 - Wednesday, 08 August 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WORK STK
	1 on 30:00 Stomach and Stretch		L DRY
800	1 x 800 on 16:00 Choice	REC	S CHO
180	12 x 15 on :30 Shooters	SP3	S BR
2x	{1 x 150 on 3:30 Kick	EN2	K CHO
	{1 x 100 on 2:20 Kick	EN2	K CHO
	{1 x 50 on 1:10 Kick	EN2	K CHO
1x	{2 x 200 on 3:20 Pulls	EN1	P FR
	{2 x 100 on 1:40 Pulls	EN1	P FR
	{2 x 50 on :50 Pulls	EN1	P FR
1x	{4 x 100 on 2:00 Breaststroke	EN1	S BR
	{3 x 100 on 1:55 Breaststroke	EN1	S BR
	{2 x 100 on 1:50 Breaststroke	EN1	S BR
	{1 x 100 on 1:45 Breaststroke	EN1	S BR
	{4 x 50 on 1:10 Breaststroke	EN1	S BR
	{3 x 50 on 1:05 Breaststroke	EN1	S BR
	{2 x 50 on 1:00 Breaststroke	EN1	S BR
	{1 x 50 on :55 Breaststroke	EN1	S BR
200	1 x 200 on 3:00 Choice	REC	S CD
8:26 AM 3,980 Meters - Stress Value = 43			

Workout #1488 - Monday, 06 August 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x	{5 x 50 on 1:15 Kick	EN2	
	{5 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
800	1 x 800 on 13:00 Pulls	EN1	
2,000	10 x 200 on 3:15 Challenge set	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
8:34 AM 4,680 Meters - Stress Value = 77			

Workout #1491 - Thursday, 09 August 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	4 x 200 on 4:40 Kick	EN2	
1x	{2 x 100 on 1:45 Pulls	EN1	
	{2 x 100 on 1:40 Pulls	EN1	
	{2 x 100 on 1:35 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
2x	{3 x 50 on 1:00 Freestyle	EN1	
	{3 x 50 on :55 Freestyle	EN1	
	{3 x 50 on :50 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN1	
300	3 x 100 on 1:45 Descend	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:00 AM 4,280 Meters - Stress Value = 53			

Workout #1489 - Tuesday, 07 August 2001

Group 3 - All

1 minute rest between sets

6:30 AM Start			
Meters	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	1 x 800 on 15:00 Reverse IM drill	REC	I
180	12 x 15 on :30 Shooters	SP3	S
1x	{3 x 100 on 2:05 Kick	EN2	F
	{1 x 50 on 1:30 Kick	EN2	F
	{3 x 100 on 2:10 Kick	EN2	F
	{1 x 50 on 1:30 Kick	EN2	F
1x	{5 x 50 on 1:00 Pulls no br L.10 yds	EN1	F
	{5 x 50 on :55 Pulls no br L.15 yds	EN1	F
	{4 x 50 on :50 Pulls no br L.20 yds	EN1	F
300	3 x 100 on 1:45 Descend	EN1	S
1x	{1 x 200 on 4:00 Backstroke	EN1	S
	{3 x 50 on 1:00 Backstroke-descend	EN1	S
	{1 x 200 on 3:50 Backstroke	EN1	S
	{3 x 50 on 1:00 Backstroke-descend	EN1	S
	{1 x 200 on 3:40 Backstroke	EN1	S
	{3 x 50 on 1:00 Backstroke-descend	EN1	S
	{1 x 200 on 3:30 Backstroke	EN1	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
8:30 AM 4,130 Meters - Stress Value = 47			

Workout #1492 - Monday, 17 September 2001

Group 3 - All

1 minute rest between sets

6:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		I
800	8 x 100 on 2:15 Stroke Drills	REC	I
	1 on 20:00 Techniques-TN turns		I
150	10 x 15 on :45 Shooters	SP3	S
450	9 x 50 on 1:15 Kick evens w/out brd	EN1	F
	1x{2 x 25 on :30 Pulls	EN1	F
	{2 x 50 on :55 Pulls	EN1	F
	{2 x 75 on 1:15 Pulls	EN1	F
	{2 x 100 on 1:35 Pulls	EN1	F
	{2 x 150 on 2:15 Pulls	EN1	F
	{ odd #'s br every 5		
	1x{3 x 50 on 1:00 Freestyle	EN1	S
	{3 x 25 on :30 Butterfly	EN1	S
	{3 x 50 on :55 Freestyle	EN1	S
	{3 x 25 on :30 Backstroke	EN1	S
	{3 x 50 on :50 Freestyle	EN1	S
	{3 x 25 on :30 Breaststroke	EN1	S
	{3 x 50 on :45 Freestyle	EN1	S
	{3 x 25 on :30 Freestyle	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	I

8:38 PM 3,400 Yards - Stress Value = 30

	{4 x 25 on :35 Kick	EN2	K
	{3 x 25 on :30 Kick	EN2	K
	{1 x 100 on 3:00 Kick-for time	EN2	K
1x{3	{3 x 100 on 1:40 Pulls L.25 4 brths	EN1	P
	{3 x 100 on 1:40 Pulls L.25 3 brths	EN1	P
	{3 x 100 on 1:40 Pulls L.25 2 brths	EN1	P
1x{1	{1 x 100 on 1:30 Freestyle	EN1	S
	{2 x 50 on :50 Freestyle	EN1	S
	{4 x 25 on :30 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle	EN1	S
	{2 x 50 on :45 Freestyle	EN1	S
	{4 x 25 on :25 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
	{2 x 50 on :40 Freestyle	EN1	S
	{4 x 25 on :20 Freestyle	EN1	S
300	6 x 50 on 1:00 Stroke Drills	REC	D

8:29 PM 3,630 Yards - Stress Value = 44

Workout #1495 - Thursday, 20 September 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Stomach and Stretch		L
1x{1	{1 x 300 on 6:00 Reverse IM drill	REC	D
	{1 x 200 on 4:00 Individual Medley	REC	D
	{1 x 100 on 2:00 Individual Medley	REC	D
	{6 x 50 on :50 Descend in sets of 3	EN1	S
	1 on 10:00 Techniques-Stanford		D
	turn drills		
150	10 x 15 on :30 Shooters	SP3	S
	4x{1 x 100 on 2:20 Kick	EN1	K
	{1 x 100 on 1:50 Kick	EN2	K
	1x{1 x 300 on 4:30 Pulls	EN1	P
	{1 x 200 on 3:10 Pulls	EN1	P
	{1 x 100 on 1:40 Pulls	EN1	P
200	1 x 200 on 3:00 Freestyle-build	EN1	S
	1x{3 x 150 on 2:30 Freestyle	EN1	S
	{3 x 150 on 2:20 Freestyle	EN1	S
	{3 x 150 on 2:10 Freestyle	EN1	S
300	12 x 25 on :40 Stroke Drills	REC	D

7:17 PM 4,300 Yards - Stress Value = 41

Workout #1493 - Tuesday, 18 September 2001

Group 3 - All

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Stomach and Stretch		I
800	4 x 200 on 4:30 Swim-kick-pull-swim	REC	S
	1 on 20:00 Techniques-TN turns		I
180	12 x 15 on :30 Shooters	SP3	S
	2x{1 x 150 on 3:30 Kick	EN1	F
	{1 x 100 on 2:20 Kick	EN2	F
	{1 x 50 on 1:10 Kick	EN2	F
	1x{4 x 75 on 1:20 Pulls br 2-3-4	EN1	F
	{4 x 75 on 1:15 Pulls br 3-4-5	EN1	F
	{4 x 75 on 1:10 Pulls br 4-5-6	EN1	F
	1x{3 x 50 on 1:00 Freestyle	EN1	S
	{3 x 25 on :30 Butterfly	EN1	S
	{3 x 50 on :55 Freestyle	EN1	S
	{3 x 25 on :30 Backstroke	EN1	S
	{3 x 50 on :50 Freestyle	EN1	S
	{3 x 25 on :30 Breaststroke	EN1	S
	{3 x 50 on :45 Freestyle	EN1	S
	{3 x 25 on :30 Freestyle	EN1	S
250	1 x 250 on 5:00 Stroke Drill	REC	I

7:20 PM 3,630 Yards - Stress Value = 37

Workout #1496 - Friday, 21 September 2001

Group 3 - All

1 minute rest between sets

4:30 AM Start

Yards	Set Description	EGY	WORK	ST
	1 on 20:00 Stomach and Stretch		L	DF
	1 on 10:00 Sculling drills	REC	D	CF
	1 on 8:00 Techniques-finishes		D	F
210	14 x 15 on :30 Pit sprints	SP3	S	F
	1 on 18:00 Brick game	EN1	D	CF
600	6 x 100 on 1:40 Lungbuster pulls	EN1	P	F
	odds br 3-5-7-9			
	evens br 2-4-6-8			
	2x{1 x 50 on 1:00 Freestyle	EN1	S	F
	{1 x 50 on :55 Freestyle	EN1	S	F
	{1 x 50 on :50 Freestyle	EN1	S	F
	{1 x 50 on :45 Freestyle	EN1	S	F
	{1 x 50 on :40 Freestyle	EN1	S	F
	{1 x 50 on :35 Freestyle	EN1	S	F
	{1 on :45 Rest		M	
200	1 x 200 on 3:00 Stroke Drills	REC	D	C

6:00 AM 1,610 Yards - Stress Value = 20

Workout #1494 - Wednesday, 19 September 2001

Group 3 - All

1 minute rest between sets

6:30 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Stomach and Stretch		L
	2x{1 x 100 on 1:50 Free L.25 build	EN1	S
	{1 x 100 on 1:50 Free L. 50 build	EN1	S
	{1 x 100 on 1:50 Free L. 75 build	EN1	S
	{1 x 100 on 1:50 Free 85% effort	EN2	S
	1 on 15:00 Techniques-TN trn dr		D
180	12 x 15 on :45 Shooters	SP3	S
	1x{6 x 25 on :45 Kick	EN1	S
	{5 x 25 on :40 Kick	EN1	K

Workout #1497 - Saturday, 22 September 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 25:00 Stomach and Stretch		L	I
2x	{1 x 100 on 1:50 Freestyle	REC	S	
	{1 x 100 on 1:40 Freestyle	EN1	S	
	{1 x 100 on 1:30 Freestyle	EN1	S	
	{1 x 100 on 1:20 Freestyle	EN2	S	
	1 on 10:00 Techniques-Stanford turn drills		D	
180	12 x 15 on :30 Shooters	SP3	S	
750	15 x 50 on 1:00 Kick des in 3's	EN2	K	
1x	{3 x 125 on 2:00 Pulls	EN1	P	
	{3 x 125 on 1:55 Pulls	EN1	P	
	{2 x 125 on 1:50 Pulls	EN1	P	
300	3 x 100 on 1:45 Individual Medley	EN1	S	
1,600	4 x 400 on 5:30 Freestyle	EN2	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
9:07 AM 5,030 Yards - Stress Value = 75				

Workout #1498 - Monday, 24 September 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
	1 on 30:00 Stomach and Stretch			
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC		
	1 on 10:00 Techniques-finishes			
350	14 x 25 on :30 Berzerks	SP3		
2x	{1 x 100 on 2:10 Kick	EN1		
	{1 x 100 on 2:00 Kick	EN1		
	{1 x 100 on 1:50 Kick	EN2		
	{1 x 100 on 1:40 Kick	EN2		
1x	{3 x 200 on 3:00 Pulls	EN1		
	{2 x 150 on 2:15 Pulls	EN1		
	{1 x 100 on 1:30 Pulls	EN1		
150	1 x 150 on 2:30 1st 50 2 beat kick 2nd50 4 bk L. 50 6bk	EN1		
8x	{1 x 100 on 1:25 Individual Medley	EN2		
	{1 x 50 on :40 Freestyle	EN2		
	{1 x 50 on :55 Freestyle	REC		
300	1 x 300 on 5:00 Stroke Drills	REC		
8:42 PM 5,000 Yards - Stress Value = 62				

Workout #1499 - Tuesday, 25 September 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
800	8 x 100 on 2:00 Stroke Drills odds free evens strk	REC	D	
	1 on 10:00 Techniques-starts		D	
180	12 x 15 on :30 Shooters	SP3	S	
4x	{2 x 50 on 1:00 Kick w/ board	EN2	K	C
	{2 x 50 on 1:10 Kick w/out board	EN2	K	
1x	{2 x 150 on 2:15 Pulls	EN1	P	
	{2 x 150 on 2:10 Pulls	EN1	P	
	{2 x 150 on 2:05 Pulls	EN1	P	
300	1 x 300 on 5:00 Individual Medley	EN1	S	
1x	{8 x 75 on 1:20 Backstroke	EN1	S	
	{8 x 75 on 1:15 Backstroke	EN1	S	
	{8 x 75 on 1:10 Backstroke	EN1	S	
250	5 x 50 on 1:00 Stroke Drills	REC	D	
7:34 PM 5,030 Yards - Stress Value = 53				

Workout #1500 - Wednesday, 26 September 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	S	
	1 on 10:00 Techniques-finishes		I	
250	10 x 25 on :30 Berzerks	SP3	S	
3x	{1 x 100 on 1:50 Kick	EN2	K	
	{1 x 75 on 1:25 Kick	EN2	K	
	{1 x 50 on :55 Kick	EN2	K	
	{1 x 25 on :30 Kick	EN2	K	
1x	{1 x 500 on 7:15 Pulls	EN1	P	
	{1 x 500 on 7:00 Pulls	EN1	P	
	{1 x 500 on 6:45 Pulls	EN1	P	
300	6 x 50 on :45 Freestyle	EN1	S	
1x	{4 x 100 on 2:00 Breaststroke	EN1	S	
	{4 x 75 on 1:30 Breaststroke	EN1	S	
	{4 x 50 on 1:00 Breaststroke	EN1	S	
	{4 x 25 on :30 Breaststroke	EN1	S	
400	1 x 400 on 6:00 Stroke Drills	REC	I	
8:43 PM 5,000 Yards - Stress Value = 53				

Workout #1501 - Thursday, 27 September 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
	1 on 30:00 Stomach and Stretch			
900	1x{9 x 100 on 1:40 Descend in sets of 3	EN1		
	{1 x 200 on 3:30 Individual Medley	EN1		
	1 on 10:00 Techniques-starts			
900	12 x 75 on 1:30 Kick odds all out	EN2		
1x	{2 x 125 on 2:00 Pulls no br L. 5 yds	EN1		
	{2 x 125 on 2:00 Pulls no br L.10 yds	EN1		
	{2 x 125 on 2:00 Pulls no br L.15 yds	EN1		
	{2 x 125 on 2:00 Pulls no br L.20 yds	EN1		
200	1 x 200 on 3:00 6 strk fr 6 strk ba 6 strk fly 6 strk br	EN1		
6x	{8 x 25 on :30 Fly odds drill evens	EN1		
	{ swim			
	{1 on 1:00 Rest			
400	1 x 400 on 6:00 Stroke Drills	REC		
7:32 PM 4,800 Yards - Stress Value = 51				

Workout #1502 - Friday, 28 September 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
	1 on 10:00 Sculling drills		D	
210	14 x 15 on :30 Pit sprints	SP3	S	
750	1 x 750 on 15:00 Vertical Kicking	EN2	K	
500	10 x 50 on 1:00 Kick no board	EN1	K	
700	1 x 700 on 10:30 Pulls	EN1	P	
300	12 x 25 on :30 Freestyle	EN1	S	
400	1 x 400 on 20:00 Rabbit game 8 rounds	EN1	S	
200	1 x 200 on 3:00 Stroke Drill	REC	D	
6:28 PM 3,060 Yards - Stress Value = 42				

Workout #1503 - Saturday, 29 September 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	7:00 AM Start		
	1 on 30:00 Stomach and Stretch		L
180	1x{2 x 100 on 2:00 Reverse IM drill	REC	D
	{2 x 100 on 1:55 Reverse IM drill	REC	D
	{2 x 100 on 1:50 Reverse IM drill	REC	D
	{2 x 100 on 1:45 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	1 on 10:00 Techniques-relay str		D
	1x{4 x 100 on 2:00 Kick	EN2	K
	{3 x 100 on 1:55 Kick	EN2	K
	{2 x 100 on 1:50 Kick	EN2	K
	{1 x 100 on 1:45 Kick	EN2	K
	6x{1 x 100 on 1:30 Pulls	EN1	P
	{2 x 25 on :45 Pulls no breaths	EN1	P
100	1 x 100 on 4:00 Freestyle for time	SP2	S
750	10 x 75 on 2:00 Freestyle	EN3	S
300	6 x 50 on 1:00 Stroke Drills	REC	D
	9:15 AM 4,030 Yards - Stress Value = 91		

Workout #1504 - Monday, 01 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:00 Kick	EN2	
	{4 x 75 on 1:25 Kick	EN2	
	{4 x 100 on 1:50 Kick	EN2	
	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 400 on 5:50 Pulls	EN1	
	{1 x 400 on 5:40 Pulls	EN1	
	{1 x 400 on 5:30 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{4 x 200 on 2:30 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{3 x 200 on 2:25 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{2 x 200 on 2:20 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{1 x 100 on 2:15 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	8:26 PM 6,530 Yards - Stress Value = 82		

Workout #1505 - Tuesday, 02 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:00 PM Start		
	1 on 30:00 Stomach and Stretch		
	3x{3 x 50 on 1:00 Freestyle	REC	
	{4 x 25 on :25 Stroke	EN1	
	1 on 10:00 Techniques-starts		
	6x{1 x 25 on :30 Berzerks off the blk	SP3	
	{1 x 25 on :45 Berzerks	SP3	
	1x{3 x 125 on 2:30 Kick	EN2	
	{3 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	1x{4 x 50 on 1:00 Pulls only 2 brths	EN1	
	{4 x 50 on :40 Pulls	EN1	
	{4 x 50 on 1:00 Pulls only 3 brths	EN1	
	{4 x 50 on :45 Pulls	EN1	

	{4 x 50 on 1:00 Pulls only 4 brths	EN1	
	{4 x 50 on :50 Pulls	EN1	
	1x{12 x 25 on :40 IM order	EN1	
	{12 x 25 on :35 IM order	EN1	
	{12 x 25 on :30 IM order	EN1	
	{12 x 25 on :25 IM order	EN1	
400	4 x 100 on 1:30 Descend to ludicrous speed	EN3	
400	8 x 50 on 1:00 Stroke Drills	REC	
	7:29 PM 5,250 Yards - Stress Value = 84		

Workout #1506 - Wednesday, 03 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	6:00 PM Start			
	1 on 30:00 Stomach and Stretch			L DRY
	2x{1 x 100 on 1:35 Freestyle	REC		S FR
	{1 x 75 on 1:10 Freestyle	EN1		S FR
	{1 x 50 on :45 Freestyle	EN1		S FR
	{1 x 75 on 1:15 Stroke non free	EN1		S STK
	1 on 10:00 Techniques-TN turns			D
300	12 x 25 on :30 Berzerks	SP3		S BR
	3x{1 x 200 on 3:45 Kick	EN2		K CHO
	{6 x 25 on :45 Sprint kick	EN2		K CHO
	1x{1 x 400 on 6:00 Pulls	EN1		P FR
	{1 x 300 on 4:15 Pulls	EN1		P FR
	{1 x 200 on 2:40 Pulls	EN1		P FR
	{1 x 100 on 1:15 Pulls	EN1		P FR
300	6 x 50 on :45 Freestyle	EN1		S FR
	1x{5 x 125 on 2:20 Butterfly	EN1		S FLY
	{1 x 100 on 2:00 Freestyle	REC		S FR
	{5 x 100 on 1:50 Butterfly	EN1		S FLY
	{1 x 100 on 2:00 Freestyle	REC		S FR
	{5 x 75 on 1:20 Butterfly	EN1		S FLY
	{1 x 100 on 2:00 Freestyle	REC		S FR
	{5 x 50 on :50 Butterfly	EN1		S FLY
300	1 x 300 on 5:00 Stroke Drills	REC		D CD
	8:30 PM 5,600 Yards - Stress Value = 68			

Workout #1507 - Thursday, 04 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:00 PM Start		
	1 on 30:00 Stomach and Stretch		I
	4 x 200 on 4:00 Swim-kick-pull-swim	REC	S
	1 on 10:00 Techniques-Relay str		I
	6x{1 x 25 on :30 Berzerks OTB	SP3	S
	{1 x 25 on :45 Berzerks	SP3	S
	1x{2 x 100 on 1:40 Kick with flippers	EN2	F
	{2 x 100 on 1:35 Kick with flippers	EN2	F
	{3 x 100 on 1:30 Kick with flippers	EN2	F
	{3 x 100 on 1:25 Kick with flippers	SP3	S
1,000	10 x 100 on 1:30 Lungbuster pulls	EN1	F
	Odds br 3-5-7-9		
	evens br 2-4-6-8		
	1x{3 x 100 on 1:40 Backstroke	EN1	S
	{4 x 25 on 1:00 Back 15m under water	EN1	S
	{3 x 125 on 2:00 Freestyle	EN1	S
	{4 x 25 on 1:00 Back 15m under water	EN1	S
	{3 x 150 on 2:20 Backstroke	EN1	S
	{4 x 25 on 1:00 Back 15m under water	EN1	S
	{3 x 175 on 2:40 Backstroke	EN1	S
	{4 x 25 on 1:00 Back 15m under water	EN1	S
100	1 x 100 on 2:00 Backstroke for time	EN3	S
300	1 x 300 on 5:00 Stroke Drills	REC	I
	7:30 PM 5,550 Yards - Stress Value = 74		

Workout #1508 - Friday, 05 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	4:30 PM Start			
=====	=====	=====	=====	=====
	1 on 20:00 Stomach and Stretch		L DF	
	1 on 10:00 Sculling drills	REC	D I	
210	14 x 15 on :30 Pit sprints	SP3	S F	
400	1 x 400 on 8:00 Stroke Drills	REC	S F	
300	3 x 100 on 2:00 Kick w/ out a board	EN1	K CF	
400	4 x 100 on 1:45 Individual Medley	EN1	S I	
500	10 x 50 on 1:00 1-5 DEBF (FR) 6-10 DEBF (STROKE)	EN1	S CM	
	50 2 x 25 on 1:00 Choice OTB	EN1	S CF	
400	1 x 400 on 8:00 Individual Medley	SP2	S I	
300	1 x 300 on 5:00 Stroke Drills	REC	D C	
	6:00 PM 2,560 Yards - Stress Value = 60			

Workout #1509 - Saturday, 06 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	7:00 AM Start			
=====	=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		L DRY	
800	16 x 50 on 1:00 Stroke Drills	REC	D CD	
	Odds free evens strk			
180	1 on 15:00 Techniques-IM turns		D IM	
	12 x 15 on :30 Shooters	SP3	S BK	
	3x{2 x 75 on 1:30 Kick	EN2	K CHO	
	{2 x 75 on 1:20 Kick	EN2	K CHO	
	1x{1 x 300 on 4:30 Pulls	EN1	P FR	
	{1 x 300 on 4:15 Pulls	EN1	P FR	
	{1 x 300 on 4:00 Pulls	EN1	P FR	
	{1 x 300 on 3:45 Pulls	EN1	P FR	
200	8 x 25 on :30 IM order-build	EN1	S IM	
	1x{6 x 100 on 1:10 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	M		
	{5 x 100 on 1:10 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	M		
	{4 x 100 on 1:10 Rest	EN2	S FR	
	{1 on 1:00 Rest	M		
	{3 x 100 on 1:10 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	M		
	{2 x 100 on 1:10 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	M		
	{1 x 100 on 1:10 Rest	EN2	M FR	
400	8 x 50 on 1:00 Stroke Drills	REC	D CD	
	9:29 AM 5,780 Yards - Stress Value = 81			

Workout #1510 - Monday, 08 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:00 PM Start		
=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	1x{3 x 200 on 2:40 Pulls	EN1	
	{2 x 250 on 3:20 Pulls	EN1	
	{1 x 300 on 4:00 Pulls	EN1	
400	1 x 400 on 7:00 Reverse IM drill	REC	
	1x{2 x 200 on 4:00 Breaststroke	EN1	
	{4 x 25 on 1:00 Breast from a dive	EN2	
	{2 x 200 on 3:50 Breaststroke	EN1	

{4 x 25 on 1:00 Breast from a dive	EN2
{2 x 200 on 3:40 Breaststroke	EN1
{4 x 25 on 1:00 Breast from a dive	EN2
{2 x 200 on 3:30 Breaststroke	EN1
{4 x 25 on 1:00 Breast from a dive	EN2
1 x 200 on 3:00 Choice	REC
8:31 PM 5,980 Yards - Stress Value = 65	

Workout #1511 - Tuesday, 09 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		
800	4 x 200 on 4:00 Reverse IM drill	REC	
	1 on 10:00 Techniques-starts		
	10x{1 x 25 on :30 Butterfly OTB	SP3	
	{1 x 25 on :45 Butterfly	SP3	
	1x{2 x 200 on 4:00 Kick	EN2	
	{2 x 150 on 2:50 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 50 on :50 Kick	EN2	
	3x{4 x 75 on 1:05 Pulls	EN1	
	{1 x 100 on 1:30 Pulls br every 9	EN1	
300	1 x 300 on 5:00 5 strokes fly 5 brst	EN1	
	1x{1 x 400 on 6:00 Backstroke	EN1	
	{2 x 200 on 3:00 Backstroke	EN1	
	{4 x 100 on 1:30 Backstroke	EN1	
	{8 x 50 on :45 Backstroke	EN1	
400	1 x 400 on 8:00 Stroke Drills	REC	
	7:29 PM 5,800 Yards - Stress Value = 71		

Workout #1512 - Wednesday, 10 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STI
	6:00 PM Start			
=====	=====	=====	=====	=====
	1 on 30:00 Stomach and Stretch		L DF	
800	8 x 100 on 2:00 Stroke Drills	REC	D CF	
	odds free evens cho			
	1 on 8:00 Techniques-open turn		D I	
300	12 x 25 on :30 Breaststroke	SP3	S F	
600	12 x 50 on 1:00 Kick des in 3's	EN2	K CF	
500	1 x 500 on 10:00 Kick for time	EN2	K CF	
1,200	3 x 400 on 5:30 Pulls	EN1	P F	
300	6 x 50 on :40 Freestyle	EN1	S F	
	2x{1 x 200 on 3:00 150 free 50 fly	EN1	S CM	
	{1 x 200 on 3:10 100 free 100 fly	EN1	S CM	
	{1 x 200 on 3:20 50 free 150 fly	EN1	S CM	
	{1 x 200 on 3:30 Butterfly	EN1	S FI	
	{8 x 25 on :30 Freestyle	EN1	S F	
300	1 x 300 on 5:00 Stroke Drills	REC	D C	
	8:29 PM 6,000 Yards - Stress Value = 69			

Workout #1513 - Friday, 12 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:30 PM	Start			
1	on 15:00 Stomach and Stretch		L DRY	
1	on 10:00 Sculling drills		S CMB	
1	on 15:00 Vertical kicking	EN2	K IM	
1	on 10:00 Techniques-starts		D	
500	20 x 25 on 1:00 Free from a dive	EN1	S FR	
1	on 15:00 Killer relays		S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
5:59 PM	700 Yards - Stress Value = 5			

1x{3	x 125 on 2:20 Kick	EN2
{3	x 125 on 2:15 Kick	EN2
{2	x 125 on 2:10 Kick	EN2
1,000	1 x 1000 on 15:00 Pulls	EN1
500	5 x 100 on 1:45 Individual Medley	EN1
1x{8	x 75 on 1:05 Backstroke	EN2
{8	x 75 on 1:00 Backstroke	EN2
{8	x 75 on :55 Backstroke	EN2
400	1 x 400 on 7:00 Stroke Drills	REC
1x{4	x 25 on :30 Freestyle	EN1
{4	x 25 on :25 Freestyle	EN1
{4	x 25 on :20 Freestyle	EN2
{4	x 25 on :15 Freestyle	EN1
450	9 x 50 on 1:00 Stroke Drills	REC
7:29 PM	6,555 Yards - Stress Value = 84	

Workout #1514 - Saturday, 13 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
1	on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	10 x 100 on 2:00 Kick odds fast	EN2	
1x{3	x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
{3	x 150 on 2:10 Pulls mid 50 br ev 8	EN1	
{3	x 150 on 2:05 Pulls mid 50 br ev 9	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,200	11 x 200 on 3:00 Challenge set	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
9:24 AM	6,230 Yards - Stress Value = 86		

Workout #1517 - Wednesday, 17 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
6:00 PM	Start			
1	on 30:00 Stomach and Stretch		L DF	
800	4 x 200 on 3:30 Reverse IM drill	EN1	D I	
180	12 x 15 on :30 Shooters	SP3	S E	
1,050	14 x 75 on 1:30 Kick odds breast evens free	EN1	K CM	
2x{4	x 75 on 1:00 Pulls	EN1	P F	
{3	x 100 on 1:20 Pulls	EN1	P F	
{2	x 125 on 1:40 Pulls	EN1	P F	
{1	x 150 on 2:00 Pulls	EN1	P F	
{1	on 1:00 Rest		M	
{	1st time throuh with out paddles			
250	1 x 250 on 4:00 Build each 50	EN1	S F	
2x{4	x 50 on 1:00 Butterfly	EN1	S FI	
{1	on :30 Rest		M	
{4	x 50 on :55 Butterfly	EN1	S FI	
{1	on :40 Rest		M	
{4	x 50 on :50 Butterfly	EN1	S I	
{1	on :50 Rest		M	
{4	x 50 on :45 Butterfly	EN2	S FI	
{1	on 1:00 Rest		M	
300	6 x 50 on 1:00 Stroke Drills	REC	D C	
8:30 PM	6,180 Yards - Stress Value = 67			

Workout #1515 - Monday, 15 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM	Start		
1	on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
150	10 x 15 on :30 Shooters	SP3	
1,000	1x{2 x 200 on 4:00 Kick	EN2	
{2	x 150 on 2:50 Kick	EN2	
{2	x 100 on 1:50 Kick	EN2	
{2	x 50 on :50 Kick	EN2	
950	2x{3 x 125 on 1:50 Pulls	EN1	
{4	x 25 on :30 Pulls no breath	EN1	
4,000	1x{2 x 400 on 5:30 Freestyle	EN2	
{2	x 100 on 1:40 Individual Medley	EN1	
{2	x 400 on 5:15 Freestyle	EN2	
{2	x 100 on 1:35 Individual Medley	EN1	
{2	x 400 on 5:00 Freestyle	EN2	
{2	x 100 on 1:30 Individual Medley	EN1	
{2	x 400 on 4:45 Freestyle	EN2	
{2	x 100 on 1:25 Individual Medley	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
8:29 PM	7,200 Yards - Stress Value = 108		

Workout #1516 - Tuesday, 16 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
1	on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Pit sprints	SP3	

Workout #1518 - Thursday, 18 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:00 PM Start		
	1 on 30:00 Stomach and Stretch		
180	1x{1 x 400 on 7:00 Swim-kick-pull-swim {1 x 400 on 7:00 Reverse IM drill	REC	REC
	12 x 15 on :30 Shooters	SP3	
	3x{3 x 100 on 2:00 Kick {4 x 25 on :40 Sprint kick	EN2	EN2
	1x{8 x 50 on :50 Pulls {8 x 50 on :45 Pulls {8 x 50 on :40 Pulls	EN1	EN1
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{3 x 125 on 2:10 Breaststroke {2 x 125 on 2:05 Breaststroke {1 x 125 on 2:00 Breaststroke {1 x 200 on 2:45 Freestyle {3 x 100 on 1:45 Breaststroke {2 x 100 on 1:40 Breaststroke {1 x 100 on 1:35 Breaststroke {1 x 200 on 2:45 Freestyle {3 x 75 on 1:20 Breaststroke {2 x 75 on 1:15 Breaststroke {1 x 75 on 1:10 Breaststroke	EN1	EN1
250	5 x 50 on 1:00 Stroke Drills	REC	
	7:30 PM 6,430 Yards - Stress Value = 83		

Workout #1519 - Friday, 19 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	4:30 PM Start			
	1 on 30:00 Stomach and Stretch		L	DF
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	S	F
300	6 x 50 on :50 Descend in sets of 3	EN2	S	F
1,500	15 x 100 on 1:15 Freestyle	EN2	S	F
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 23:00 Water polo		S	
	5:59 PM 2,400 Yards - Stress Value = 36			

Workout #1520 - Saturday, 20 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:00 AM Start		
	1 on 30:00 Stomach and Stretch		I
825	11 x 75 on 1:30 Stroke Drills	REC	I
210	14 x 15 on :30 Pit sprints	SP3	S
1,000	1 x 1000 on 16:00 Vertical kicking	EN2	F
	1x{1 x 500 on 7:00 Pulls {2 x 250 on 3:30 Pulls {3 x 100 on 1:25 Pulls	EN1	F
250	1 x 250 on 4:00 1st 50 2bk 2-50 4bk 3-50 6bk 4-50 4bk 6-50 2 bk	EN1	S
	1x{6 x 25 on :30 Freestyle {1 x 100 on 1:30 Individual Medley {6 x 25 on :30 odds free evens fly {1 x 200 on 3:00 Individual Medley {6 x 25 on :30 odds free evens back {1 x 300 on 4:30 Individual Medley {6 x 25 on :30 odds free evens brst {1 x 400 on 5:40 Individual Medley {6 x 25 on :25 odds free evens fly {1 x 300 on 4:15 Individual Medley	EN1	S

	{6 x 25 on :25 odds free evens back	EN2	S
	{1 x 200 on 2:50 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens brst	EN2	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{6 x 25 on :25 Freestyle	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	I
	9:30 AM 6,685 Yards - Stress Value = 93		

Workout #1521 - Monday, 22 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 30:00 Stomach and Stretch		
	3x{1 x 100 on 2:00 Reverse IM drill {3 x 50 on :45 Freestyle {4 x 25 on :30 Non free	REC	EN1
	1 on 10:00 Techniques-starts		
180	12 x 15 on :30 Shooters	SP3	
	5x{1 x 100 on 2:00 Kick {1 x 100 on 1:45 Kick	EN1	EN2
	1x{5 x 125 on 2:00 Pulls {4 x 75 on 1:10 Pulls {3 x 25 on :30 Pulls no breaths	EN1	EN1
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{3 x 200 on 2:45 Freestyle {3 x 200 on 2:40 Freestyle {3 x 200 on 2:35 Freestyle	EN1	EN2
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:28 PM 6,030 Yards - Stress Value = 69		

Workout #1522 - Tuesday, 23 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-Relay str		
250	10 x 25 on :30 Berzerks	SP3	
	1x{6 x 50 on 1:05 Descend in sets of 3 {6 x 50 on 1:00 Descend in sets of 3 {6 x 50 on :55 Descend in sets of 3	EN2	EN2
100	1 x 100 on 2:00 Kick for time	EN3	
	1x{1 x 300 on 4:30 Pulls mid 100 br ev6 {1 x 300 on 4:30 Pulls mid 100 br ev7 {1 x 300 on 4:30 Pulls mid 100 br ev8 {1 x 300 on 4:30 Pulls mid 100 br ev9	EN1	EN1
250	1 x 250 on 4:00 1st 50 2bk 2-50 4bk 3-50 6bk 4-50 4bk 5th 50 2bk	EN1	
	1x{2 x 150 on 2:30 Backstroke {2 x 150 on 2:20 Backstroke {2 x 125 on 2:00 Backstroke {2 x 125 on 1:55 Backstroke {2 x 100 on 1:35 Backstroke {2 x 100 on 1:30 Backstroke {2 x 75 on 1:10 Backstroke {2 x 75 on 1:05 Backstroke {2 x 50 on :45 Backstroke {2 x 50 on :40 Backstroke	EN1	EN1
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 6,000 Yards - Stress Value = 69		

Workout #1523 - Wednesday, 24 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	6:00 PM Start			
	1 on 30:00 Stomach and Stretch		L DF	
180	1x{4 x 100 on 1:45 Stroke Drills	REC	D CF	
	{4 x 75 on 1:20 Stroke Drills	REC	D CF	
	{4 x 50 on :50 Stroke Drills	REC	D CF	
	{4 x 25 on :30 Stroke Drills	REC	D CF	
	12 x 15 on :30 Shooters	SP3	S E	
1,200	1x{1 x 200 on 4:00 Kick	EN2	K CF	
	{1 x 200 on 3:50 Kick	EN2	K CF	
	{1 x 200 on 3:40 Kick	EN2	K CF	
	{1 x 200 on 3:30 Kick	EN2	K CF	
	{1 x 200 on 3:20 Kick	EN2	K CF	
	8 x 150 on 2:15 Pulls	EN1	P E	
	1x{4 x 50 on :50 Freestyle	EN1	S E	
	{4 x 50 on :45 Freestyle	EN1	S E	
	{4 x 50 on :40 Freestyle	EN1	S E	
	4x{1 x 200 on 3:30 Breaststroke	EN1	S E	
	{3 x 50 on 1:00 Breast descend	EN2	S E	
	{4 x 25 on :45 Breast from a dive	EN3	S E	
250	1 x 250 on 4:00 Stroke Drills	REC	D C	
	8:28 PM 6,030 Yards - Stress Value = 89			

Workout #1525 - Friday, 26 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	6:00 PM Start			
	1 on 30:00 Stomach and Stretch		L DRY	
1,000	1 x 1000 on 15:00 Choice	REC	D CHO	
	6x{1 x 25 on :30 Berzerks OTB	SP3	S FLY	
	{1 x 25 on :45 Berzerks	SP3	S FLY	
1,000	1 x 1000 on 20:00 Social kick	EN1	K CHO	
	2x{1 x 25 on :00 Freestyle OTB	SP2	S FR	
	{1 x 75 on 2:00 Freestyle	REC	S FR	
	{1 x 50 on :00 Freestyle OTB	SP2	S FR	
	{1 x 50 on 2:00 Freestyle	REC	S FR	
	{1 x 75 on :00 Freestyle OTB	SP2	S FR	
	{1 x 25 on 2:00 Freestyle	REC	S FR	
	{1 x 100 on :00 Freestyle OTB	SP2	S FR	
	{1 x 100 on 4:00 Freestyle	REC	S FR	
250	10 x 25 on :40 Stroke Drills	REC	D CD	
	7:44 PM 3,550 Yards - Stress Value = 72			

Workout #1524 - Friday, 26 October 2001

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	6:00 PM Start			
	1 on 30:00 Stomach and Stretch		L I	
600	12 x 50 on 1:15 Stroke Drills	REC	D C	
	odds free evens strk			
150	10 x 15 on :30 Shooters	SP3	S	
600	1 x 600 on 16:00 Vertical Kicking	EN2	K C	
	1x{4 x 50 on 1:10 Pulls-nbbf&w	EN1	P	
	{4 x 50 on 1:05 Pulls-nbbf&w	EN1	P	
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{4 x 50 on :55 Pulls-nbbf&w	EN1	P	
	1x{3 x 100 on 2:00 Individual Medley	EN1	S	
	{3 x 50 on :55 Freestyle-descend	EN1	S	
	{3 x 100 on 1:55 Individual Medley	EN1	S	
	{3 x 50 on :55 Freestyle-descend	EN1	S	
	{3 x 100 on 1:50 Individual Medley	EN1	S	
	{3 x 50 on :55 Freestyle-descend	EN1	S	

250 5 x 50 on 1:15 Stroke Drills REC D
8:01 PM 3,750 Yards - Stress Value = 41

Workout #1526 - Saturday, 27 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	9:30 AM Start		
	1 on 30:00 Stomach and Stretch		
1,000	8 x 125 on 2:30 Drill 2 on E L.25fst	EN1	
300	12 x 25 on :30 Berzerks	SP3	
1,000	4x{1 x 100 on 1:40 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 25 on :30 Kick	EN2	
1,000	1x{1 x 400 on 6:00 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
3,100	1x{5 x 75 on 1:05 Freestyle	EN1	
	{5 x 75 on 1:00 Freestyle	EN2	
	{5 x 75 on :55 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 75 on 1:00 Freestyle	EN2	
	{4 x 75 on :55 Freestyle	EN2	
	{4 x 75 on :50 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{3 x 75 on :55 Freestyle	EN2	
	{3 x 75 on :50 Freestyle	EN2	
	{3 x 75 on :45 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	12:00 PM 7,100 Yards - Stress Value = 106		

Workout #1527 - Saturday, 27 October 2001

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	9:30 PM Start		
	1 on 30:00 Stomach and Stretch		I
600	3 x 200 on 4:30 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	3x{1 x 200 on 2:00 Kick	EN2	F
	{4 x 25 on :45 Sprint kick	EN2	F
	1x{1 x 200 on 3:30 Pulls	EN1	F
	{1 x 200 on 3:20 Pulls	EN1	F
	{1 x 200 on 3:10 Pulls	EN1	F
200	1 x 200 on 4:30 Reverse IM drill	REC	I
	1x{6 x 100 on 1:45 Freestyle	EN1	S
	{5 x 75 on 1:15 Freestyle	EN1	S
	{4 x 50 on :50 Freestyle	EN1	S
	{4 x 25 on :30 Freestyle	EN1	S
300	6 x 50 on 1:15 Stroke Drills	REC	I
	11:27 PM 4,055 Yards - Stress Value = 44		

Workout #1530 - Monday, 29 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch	REC	
300	12 x 25 on 16:00 Swim-kick-pull-swim	SP3	
3x{	1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
1x{	1 x 300 on 4:30 Pulls	EN1	
	{3 x 50 on :40 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
	{3 x 50 on :45 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
	{3 x 50 on :50 Pulls	EN1	
	{1 x 50 on :35 Pulls	EN1	
600	6 x 100 on 1:30 Freestyle-descend	EN1	
1x{	4 x 125 on 2:00 Backstroke	EN2	
	{1 x 50 on 1:00 Backstroke 100%	EN3	
	{4 x 100 on 1:30 Backstroke	EN2	
	{1 x 50 on 1:00 Backstroke 100%	EN3	
	{4 x 75 on 1:05 Backstroke	EN2	
	{1 x 50 on 1:00 Backstroke 100%	EN3	
	{4 x 50 on :50 Backstroke	EN2	
	{1 x 50 on 1:00 Backstroke	EN3	
400	1 x 400 on 6:00 Stroke Drills	REC	
600	24 x 25 on :30 IM order	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:30 PM 6,500 Yards - Stress Value = 94			

Workout #1528 - Monday, 29 October 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-TN turns		
1x{	5 x 50 on 1:00 Pulls	EN1	
	{5 x 50 on :55 Pulls	EN1	
	{5 x 50 on :50 Pulls	EN1	
	{5 x 50 on :45 Pulls	EN1	
4x{	1 x 100 on 1:45 Stroke Drills	EN1	
	{3 x 50 on :50 Freestyle-descend	EN1	
500	20 x 25 on :30 Freestyle odds fast	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
6:54 AM 3,580 Yards - Stress Value = 30			

Workout #1529 - Monday, 29 October 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
800	1 on 30:00 Stomach and Stretch		L DRY	
180	8 x 100 on 2:00 Stroke Drills	REC	D CHO	
	12 x 15 on :30 Shooters	SP3	S FR	
	1 on 15:00 Techniques-TN Turns		D FR	
1x{	4 x 100 on 2:15 Kick	EN2	K CHO	
	{3 x 100 on 2:10 Kick	EN2	K CHO	
	{1 x 100 on 2:05 Kick	EN2	K CHO	
1x{	4 x 75 on 1:20 Pulls	EN1	P FR	
	{4 x 75 on 1:15 Pulls	EN1	P FR	
	{4 x 75 on 1:10 Pulls	EN1	P FR	
	{4 x 75 on 1:05 Pulls	EN1	P FR	
500	20 x 25 on 1:00 Freestyle	EN1	S FR	

600 6 x 100 on 2:00 Stroke Drills REC D CD
5:22 PM 4,080 Yards - Stress Value = 40

Workout #1533 - Tuesday, 30 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:00 PM Start				
800	1 on 30:00 Stomach and Stretch		L I	
300	12 x 25 on 15:00 Reverse IM drill	REC	D	
	12 x 25 on :30 Berzerks	SP3	S	
1x{	6 x 50 on 1:00 Kick	EN2	K C	
	{4 x 100 on 1:50 Kick	EN2	K C	
	{2 x 200 on 3:30 Kick	EN2	K C	
2x{	4 x 75 on 1:20 Pulls	EN1	P	
	{4 x 75 on 1:00 Pulls	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
1x{	2 x 500 on 6:00 Freestyle	EN2	S	
	{2 x 500 on 5:45 Freestyle	EN2	S	
	{1 x 500 on 5:30 Freestyle	EN2	S	
500	10 x 50 on 1:00 Stroke Drills	REC	D	
8:22 PM 6,700 Yards - Stress Value = 99				

Workout #1531 - Tuesday, 30 October 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
800	1 on 30:00 Weights		L I	
250	10 x 25 on 15:00 Reverse IM drill	REC	D	
	10 x 25 on :30 Berzerks	SP3	S	
1x{	1 x 400 on 6:00 Pulls	EN1	P	
	{1 x 300 on 4:15 Pulls	EN1	P	
	{1 x 200 on 2:40 Pulls	EN1	P	
	{1 x 100 on 1:15 Pulls	EN1	P	
1x{	3 x 50 on 1:00 Freestyle	EN1	S	
	{3 x 50 on :55 Freestyle	EN1	S	
	{3 x 50 on :50 Freestyle	EN1	S	
	{3 x 50 on :45 Freestyle	EN1	S	
	{3 x 50 on :40 Freestyle	EN1	S	
400	1 x 400 on 8:00 Stroke Drills	REC	D	
7:00 AM 3,200 Yards - Stress Value = 30				

Workout #1532 - Tuesday, 30 October 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
3:00 PM Start				
1,000	1 on 30:00 Stomach and Stretch		L DF	
	20 x 50 on 1:00 Stroke Drills	REC	D CF	
	odds free evens choi			
	1 on 10:00 Techniques-Stanford		D F	
300	12 x 25 on :30 Berzerks	SP3	S F	
1x{	4 x 125 on 2:30 Kick	EN2	K CF	
	{3 x 125 on 2:25 Kick	EN2	K CF	
	{1 x 125 on 2:20 Kick	EN2	K CF	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	P F	
1x{	2 x 200 on 3:00 Freestyle	EN1	S F	
	{2 x 200 on 2:55 Freestyle	EN1	S F	
	{2 x 200 on 2:50 Freestyle	EN1	S F	
	{2 x 200 on 2:45 Freestyle	EN1	S F	
300	6 x 50 on 1:00 Stroke Drills	REC	D C	
5:12 PM 5,000 Yards - Stress Value = 56				

Workout #1535 - Wednesday, 31 October 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch			L DF
	3x{1 x 200 on 4:00 Reverse IM drill	REC		D I
	{1 x 50 on :50 Freestyle	EN1		S F
	{1 x 50 on :45 Freestyle	EN1		S F
	{1 x 50 on :40 Freestyle	EN1		S F
180	12 x 15 on :30 Shooters	SP3		S F
	1x{4 x 100 on 1:50 Kick	EN2		K CF
	{3 x 100 on 1:45 Kick	EN2		K CF
	{3 x 100 on 1:40 Kick	EN2		K CF
	1x{2 x 200 on 2:45 Pulls	EN1		P F
	{2 x 200 on 2:50 Pulls	EN1		P F
	{2 x 200 on 2:55 Pulls	EN1		P F
	2x{1 x 100 on 1:30 Freestyle	EN1		S F
	{1 x 75 on 1:05 Freestyle	EN1		S F
	{1 x 50 on :40 Freestyle	EN2		S F
	{1 x 25 on :20 Freestyle	EN2		S F
	3x{3 x 100 on 1:45 Breaststroke	EN2		S F
	{2 x 100 on 1:40 Breaststroke	EN2		S F
	{1 x 100 on 1:35 Breaststroke	EN2		S F
	{1 x 200 on 2:30 Freestyle	EN2		S F
400	8 x 50 on 1:00 Stroke Drills	REC		D C
	8:30 PM 6,730 Yards - Stress Value = 100			

Workout #1536 - Wednesday, 31 October 2001

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch			L DF
	3x{1 x 200 on 4:00 Reverse IM drill	REC		D I
	{1 x 50 on :50 Freestyle	EN1		S F
	{1 x 50 on :45 Freestyle	EN1		S F
	{1 x 50 on :40 Freestyle	EN1		S F
180	12 x 15 on :30 Shooters	SP3		S F
	1x{4 x 100 on 1:50 Kick	EN2		K CF
	{3 x 100 on 1:45 Kick	EN2		K CF
	{3 x 100 on 1:40 Kick	EN2		K CF
	1x{2 x 200 on 2:45 Pulls	EN1		P F
	{2 x 200 on 2:50 Pulls	EN1		P F
	{1 x 200 on 2:55 Pulls	EN1		P F
	3x{1 x 100 on 1:30 Freestyle	EN1		S F
	{1 x 75 on 1:05 Freestyle	EN1		S F
	{1 x 50 on :40 Freestyle	EN2		S F
	{1 x 25 on :20 Freestyle	EN2		S F
	1x{3 x 100 on :00 Broken	SP2		S CM
	{1 x 200 on 8:00 Freestyle	REC		S F
500	10 x 50 on 1:00 Stroke Drills	REC		D C
	8:03 PM 4,980 Yards - Stress Value = 83			

Workout #1534 - Wednesday, 31 October 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1 on 10:00 Techniques-Stanford		
	1x{3 x 50 on 1:00 Kick	EN2	
	{3 x 75 on 1:30 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{3 x 125 on 2:30 Kick	EN2	

1x{3 x 150 on 2:15 Pulls mid 50 br ev 6	EN1
{3 x 150 on 2:15 Pulls mid 50 br ev 7	EN1
{2 x 150 on 2:15 Pulls mid 50 br ev 8	EN1
5x{3 x 100 on 1:30 Freestyle-descend	EN1
{1 x 100 on 1:45 Individual Medley	EN1
1 x 200 on :00 Free for time	OTB SP2
1 x 300 on 5:00 Stroke Drills	REC
5:24 PM 5,850 Yards - Stress Value = 84	

Workout #1539 - Thursday, 01 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch			L DF
	8 x 100 on 1:45 Stroke Drills	REC		D
	odds free evens non free			
180	12 x 15 on :30 Shooters	SP3		S F
	1x{5 x 75 on 1:30 Kick	EN2		K C
	{5 x 75 on 1:25 Kick	EN2		K C
	{4 x 75 on 1:20 Kick	EN2		K C
1,000	1 x 1000 on 15:00 Pulls	EN1		P
	1x{4 x 50 on :50 Freestyle	EN1		S
	{4 x 50 on :45 Freestyle	EN1		S
	{4 x 50 on :40 Freestyle	EN1		S
	4x{1 x 300 on 4:30 Individual Medley	EN2		S
	{1 x 100 on 1:30 Individual Medley	EN2		S
	{1 x 100 on 1:25 Individual Medley	EN2		S
	{1 x 100 on 1:20 Individual Medley	EN2		S
500	5 x 100 on 2:00 Stroke Drills	REC		D
	8:25 PM 6,530 Yards - Stress Value = 93			

Workout #1540 - Thursday, 01 November 2001

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 30:00 Stomach and Stretch			L DF
	8 x 100 on 1:45 Stroke Drills	REC		D C
	odds free evens non free			
180	12 x 15 on :30 Shooters	SP3		S FI
	1x{5 x 75 on 1:30 Kick	EN2		K CF
	{5 x 50 on 1:25 Kick	EN2		K CF
	{4 x 50 on 1:20 Kick	EN2		K CF
800	1 x 800 on 15:00 Pulls-nbbf&w	EN1		P F
	1x{4 x 50 on :50 Freestyle	EN1		S F
	{4 x 50 on :45 Freestyle	EN1		S F
	4x{1 x 200 on 4:30 Reverse IM drill	EN1		D I
	{1 x 75 on 1:30 Stroke Drills	EN1		D E
	{1 x 75 on 1:25 Stroke Drills	EN1		D E
	{1 x 75 on 1:20 Stroke Drills	EN1		D FI
300	1 x 300 on 4:30 Six kick switch	REC		D C
	8:18 PM 5,005 Yards - Stress Value = 53			

Workout #1537 - Thursday, 01 November 2001

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
400	1 x 400 on 7:00 Stroke Drills	REC	
250	10 x 25 on :30 Berzerks	SP3	
	1x{1 x 1000 on 15:00 Pulls	EN1	
	{2 x 500 on 7:00 Pulls	EN1	
400	4 x 100 on 1:30 Descend to ludicrous speed	EN2	
	1x{12 x 25 on :25 Your Stroke no free	EN1	
	{4 x 50 on 1:00 Stroke Drills	REC	
7:00 AM 3,550 Yards - Stress Value = 41			

Workout #1538 - Thursday, 01 November 2001

HighSchl - All

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:45 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	2x{2 x 100 on 2:00 Kick	EN2	F
	{2 x 100 on 1:45 Kick	EN2	F
	1x{1 x 250 on 3:45 Pulls	EN1	F
	{1 x 250 on 3:40 Pulls	EN1	F
	{1 x 250 on 3:35 Pulls	EN1	F
	{1 x 250 on 3:30 Pulls	EN1	F
300	12 x 25 on :30 IM order-build	EN1	S
	1x{3 x 100 on 1:30 Freestyle	EN1	S
	{3 x 100 on 1:25 Freestyle	EN1	S
	{3 x 100 on 1:20 Freestyle	EN2	S
	{3 x 100 on 1:15 Freestyle	EN2	S
	{3 x 100 on 1:10 Freestyle	EN2	S
	{3 x 100 on 1:05 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
1:00 PM 5,080 Yards - Stress Value = 64			

Workout #1544 - Friday, 02 November 2001

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
	2x{1 x 200 on 4:00 Swim-kick-pull-swim	REC	
	{3 x 50 on :45 Freestyle	EN1	
300	12 x 25 on :30 Berzerks	SP3	
	4x{1 x 100 on 2:00 Kick w/ a board	EN2	
	{1 x 50 on 1:00 Kick w/ out a board	EN2	
	1x{4 x 75 on 1:15 Pulls	EN1	
	{4 x 75 on 1:10 Pulls	EN1	
	{4 x 75 on 1:05 Pulls	EN1	
400	4 x 100 on 1:30 Descend to ludicrous speed!!!!!!!!!!!!!!!!!!!!	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
7:30 PM 3,100 Yards - Stress Value = 44			

Workout #1543 - Friday, 02 November 2001

Group 3 - Chris P.

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			

1 on 10:00 Stretch only!!! L I

Yards	Set Description	EGY	WOF
400	1 x 400 on 6:30 Stroke Drills	REC	D C
250	10 x 25 on :30 Berzerks	SP3	S F
	1x{4 x 50 on 1:05 Kick	EN2	K C
	{4 x 50 on 1:00 Kick	EN2	K C
	{4 x 50 on :55 Kick	EN2	K C
	{4 x 50 on :50 Kick	EN2	K C
	1x{2 x 200 on 2:45 Pulls	EN1	P
	{2 x 200 on 2:40 Pulls	EN2	P
300	3 x 100 on 1:30 Freestyle-descend	EN1	S
	2x{1 x 100 on 1:40 Butterfly	EN1	S F
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:40 Butterfly	EN1	S F
	{1 x 100 on 1:25 Freestyle	EN1	S
	{1 x 100 on 1:40 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN2	S
	{1 x 100 on 1:40 Butterfly	EN1	S F
	{1 x 100 on 1:15 Freestyle	EN2	S
	{1 on 1:00 Rest		M
300	1 x 300 on 4:30 Stroke Drills	REC	D
7:32 PM 4,450 Yards - Stress Value = 61			

Workout #1541 - Friday, 02 November 2001

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		I
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 Berzerks	SP3	S
	1x{3 x 125 on 2:00 Pulls	EN1	
	{3 x 100 on 1:30 Pulls	EN1	
	{3 x 75 on 1:05 Pulls	EN1	
	{3 x 50 on :40 Pulls	EN1	
	2x{1 x 150 on 2:15 Freestyle	EN1	
	{1 x 150 on 2:10 Freestyle	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{1 x 150 on 2:00 Freestyle	EN2	
	{1 x 150 on 1:55 Freestyle	EN2	
	{1 x 150 on 1:50 Freestyle	EN2	
	{1 x 150 on 1:45 Freestyle	EN2	
	{1 x 150 on 1:40 Freestyle	EN2	
	{1 on 1:00 Rest		
500	20 x 25 on :30 IM order		EN1
200	1 x 200 on 3:00 Stroke Drills	REC	
6:56 AM 5,050 Yards - Stress Value = 67			

Workout #1542 - Friday, 02 November 2001

HighSchl - All

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WORK	STR
	1 on 30:00 Stomach and Stretch			L DRY
800	1 x 800 on 16:00 Choice	REC		S CHC
180	12 x 15 on :30 Shooters	SP3		S CHC
	1 on 15:00 Techniques-relaystr			D
600	12 x 50 on 1:15 Kick-des in 3's	EN2		K CHC
	1x{2 x 250 on 3:45 Pulls	EN1		P FF
	{2 x 250 on 3:30 Pulls	EN1		P FF
	1x{6 x 75 on 1:10 Freestyle	EN1		S FF
	{6 x 75 on 1:05 Freestyle	EN1		S FF
	{6 x 75 on 1:00 Freestyle	EN2		S FF
200	1 x 200 on 3:00 Stroke Drills	REC		D CI
	1 on 24:00 Team meeting			M
1:29 PM 4,130 Yards - Stress Value = 46				

Workout #1547 - Saturday, 03 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
2x{	1 x 100 on 1:40 Kick	EN2	
	{ 1 x 100 on 1:45 Kick	EN2	
	{ 1 x 100 on 1:50 Kick	EN2	
	{ 1 x 100 on 1:55 Kick	EN2	
	{ 1 x 100 on 2:00 Kick	EN2	
1x{	1 x 400 on 5:45 Pulls	EN1	
	{ 1 x 400 on 5:30 Pulls	EN1	
	{ 1 x 400 on 5:15 Pulls	EN1	
400	8 x 50 on 1:00 25 free 25 non free	EN1	
1x{	1 x 200 on 2:20 Freestyle	EN2	
	{ 2 x 100 on 1:15 Freestyle	EN2	
	{ 8 x 50 on :40 Freestyle	EN2	
	{ 1 x 300 on 3:30 Freestyle	EN2	
	{ 3 x 100 on 1:15 Freestyle	EN2	
	{ 8 x 50 on :40 Freestyle	EN2	
	{ 1 x 400 on 4:40 Freestyle	EN2	
	{ 4 x 100 on 1:15 Freestyle	EN2	
	{ 8 x 50 on :40 Freestyle	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	3:25 PM 6,830 Yards - Stress Value = 103		

Workout #1546 - Saturday, 03 November 2001

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
180	12 x 15 on :30 Shooters	SP3	
2x{	1 x 50 on 1:40 Kick	EN2	
	{ 1 x 50 on 1:45 Kick	EN2	
	{ 1 x 100 on 1:50 Kick	EN2	
	{ 1 x 100 on 1:55 Kick	EN2	
	{ 1 x 100 on 2:00 Kick	EN2	
1x{	1 x 300 on 4:30 Pulls	EN1	
	{ 1 x 300 on 4:15 Pulls	EN1	
	{ 2 x 100 on 1:30 Pulls	EN1	
600	12 x 50 on 1:00 25 free 25 non free	EN1	
2x{	1 x 100 on :00 Freestyle	SP2	
	{ 1 x 200 on 8:00 Freestyle	REC	
300	12 x 25 on :30 Alt fly and breast	EN1	
400	4 x 100 on 2:00 Stroke Drills	REC	
	1:12 PM 4,480 Yards - Stress Value = 60		

Workout #1545 - Saturday, 03 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Weights		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
1x{	1 x 100 on 1:30 Pulls	EN1	
	{ 3 x 50 on :45 Pulls	EN1	
	{ 1 x 100 on 1:25 Pulls	EN1	
	{ 3 x 50 on :45 Pulls	EN1	
	{ 1 x 100 on 1:20 Pulls	EN1	
	{ 3 x 50 on :45 Pulls	EN1	

	{ 1 x 100 on 1:15 Pulls	EN1
	{ 3 x 50 on :45 Pulls	EN1
300	4 x 75 on 1:20 IM no free	EN1
2,400	6 x 400 on 5:00 Freestyle	EN2
600	6 x 100 on 2:00 Stroke Drills	REC
	9:21 AM 6,400 Yards - Stress Value = 95	

Workout #1550 - Monday, 05 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
3x{	1 x 200 on 3:30 Individual Medley	REC	S
	{ 3 x 50 on :45 Freestyle	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
1x{	3 x 50 on 1:00 Kick	EN2	K
	{ 3 x 75 on 1:25 Kick	EN2	K
	{ 3 x 100 on 1:50 Kick	EN2	K
	{ 3 x 125 on 2:15 Kick	EN2	K
1x{	5 x 50 on 1:00 Pulls-nbbf&w	EN1	P
	{ 5 x 50 on :55 Pulls-nbbf&w	EN1	P
	{ 5 x 50 on :50 Pulls-nbbf&w	EN1	P
	{ 5 x 50 on :45 Pulls-nbbf&w	EN1	P
	{ 5 x 50 on :40 Pulls-nbbf&w	EN1	P
1x{	1 x 100 on 1:30 Freestyle	EN1	S
	{ 1 x 100 on 1:25 Freestyle	EN1	S
	{ 1 x 100 on 1:20 Freestyle	EN1	S
	{ 1 x 100 on 1:15 Freestyle	EN1	S
1,800	12 x 150 on 2:15 Freestyle-descend	EN3	S
400	1 x 400 on 8:00 Stroke Drills	REC	D
	8:22 PM 6,130 Yards - Stress Value = 154		

Workout #1549 - Monday, 05 November 2001

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch		L	I
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
1x{	3 x 125 on 2:30 Kick	EN2	K	C
	{ 3 x 125 on 2:15 Kick	EN2	K	C
1x{	3 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{ 3 x 50 on :55 Pulls-nbbf&w	EN1	P	
	{ 4 x 50 on :50 Pulls-nbbf&w	EN1	P	
200	8 x 25 on :30 IM order-build	EN1	S	
1x{	3 x 150 on 2:20 Free mid 50 fly	EN1	S	C
	{ 3 x 150 on 2:15 Free mid 50 fly	EN1	S	C
	{ 3 x 150 on 2:10 Free mid 50 fly	EN1	S	C
	{ 2 x 150 on 2:05 Free mid 50 fly	EN1	S	C
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	7:52 PM 4,080 Yards - Stress Value = 46			

Workout #1548 - Monday, 05 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM Start			
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 30:00 Team picture/stretch		==
	2x{2 x 50 on 1:00 Kick	EN2	
	{2 x 75 on 1:25 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
10x{1 x 75 on 1:10 Pulls		EN1	
	{1 x 25 on :30 Pulls no breath	EN1	
400	8 x 50 on 1:00 25 free 25 non free	EN1	
	8x{1 x 150 on 2:15 Freestyle	EN1	
400	{3 x 50 on 1:00 Your Stroke no free	EN1	
	8 x 50 on 1:00 Stroke Drills	REC	
5:30 PM 6,080 Yards - Stress Value = 63			

3:00 PM Start

Yards	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
180	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12 x 15 on :30 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN2	
	{1 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:30 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2	
	{2 x 125 on 2:30 Kick	EN2	
	5x{8 x 75 on 1:15 Backstroke	EN1	
	{4 x 25 on 1:00 Back 15m under water	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
5:31 PM 5,780 Yards - Stress Value = 61			

Workout #1555 - Wednesday, 07 November 2001

Group 3 - All

1 minute rest between sets

Workout #1553 - Tuesday, 06 November 2001

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 30:00 Stomach and Stretch		
	1x{2 x 100 on 2:15 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	{1 x 50 on :45 Pulls	EN1	
900	9 x 100 on 1:45 Descend in sets of 3	EN1	
100	1 x 100 on 8:00 Broken	SP2	
400	16 x 25 on :30 IM order	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
8:01 PM 3,980 Yards - Stress Value = 50			

6:00 PM Start

Yards	Set Description	EGY	WORK
300	12 x 25 on :30 Berzerks	SP3	
	1 on 30:00 Stomach and Stretch		I
	1x{1 x 400 on 7:30 Reverse IM drill	REC	I
	{4 x 100 on 1:40 Freestyle-descend	EN1	S
	3x{1 x 150 on 3:00 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
100	1 x 100 on 2:00 Kick for time	EN2	F
	1x{2 x 200 on 3:00 Pulls	EN1	F
	{2 x 150 on 2:15 Pulls	EN1	F
	{2 x 100 on 1:30 Pulls	EN1	F
	{2 x 50 on :45 Pulls	EN1	F
	1x{3 x 50 on :50 Freestyle	EN1	S
	{3 x 50 on :45 Freestyle	EN1	S
	{3 x 50 on :40 Freestyle	EN1	S
	5x{1 x 200 on 3:30 Breaststroke	EN1	S
	{1 x 50 on 1:00 Breast w/ fly kick	EN1	I
	{1 x 50 on 1:00 Breast w/ free kick	EN1	I
	{1 x 50 on 1:00 Breast 2 kick 1 pull	EN1	I
	1x{4 x 25 on :30 Freestyle	EN1	S
	{4 x 25 on :25 Freestyle	EN1	S
	{4 x 25 on :20 Freestyle	EN1	S
	{4 x 25 on :15 Freestyle	EN1	S
500	10 x 50 on 1:00 Stroke Drills	REC	I
8:30 PM 6,200 Yards - Stress Value = 72			

Workout #1551 - Tuesday, 06 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
250	10 x 25 on :30 Berzerks	SP3	S	
	1x{3 x 200 on 2:50 Pulls	EN1	P	
	{2 x 200 on 2:45 Pulls	EN1	P	
	{1 x 200 on 2:40 Pulls	EN1	P	
	1x{1 x 200 on 3:30 Individual Medley	EN1	S	
	{1 x 200 on 3:20 Individual Medley	EN1	S	
	{1 x 200 on 3:10 Individual Medley	EN1	S	
	{1 x 200 on 3:00 Individual Medley	EN1	S	
	{1 x 100 on 1:45 Individual Medley	EN1	S	
	{1 x 100 on 1:40 Individual Medley	EN1	S	
	{1 x 100 on 1:35 Individual Medley	EN1	S	
	{1 x 100 on 1:30 Individual Medley	EN1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
7:00 AM 3,350 Yards - Stress Value = 34				

Workout #1552 - Tuesday, 06 November 2001

HighSchl - All

1 minute rest between sets

Workout #1556 - Wednesday, 07 November 2001

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
180	8 x 100 on 2:00 Stroke Drills 4 on E	REC	
	12 x 15 on :30 Shooters 3 on each	SP3	
	2x{1 x 100 on 2:00 Fly kick w/out board	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 2:00 Free kick w/out brd	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	2x{1 x 25 on :30 Pulls-nbbf&w	EN1	
	{1 x 50 on :50 Pulls-nbbf&w	EN1	
	{1 x 75 on 1:10 Pulls-nbbf&w	EN1	
	{1 x 100 on 1:30 Pulls-nbbf&w	EN1	
	1x{1 x 100 on 1:45 Individual Medley	EN1	
	{4 x 50 on 1:00 Stroke Drills 1 on E	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{3 x 50 on 1:00 Stroke Drills no fr	EN1	
	{1 x 100 on 1:35 Individual Medley	EN1	
	{2 x 50 on 1:00 Drill fly and back	EN1	
	{1 x 100 on 1:30 Individual Medley	EN1	
	{1 x 50 on 1:00 Stroke Drills	REC	
300	1 x 300 on 5:00 Six kick switch	REC	
7:43 PM 3,480 Yards - Stress Value = 29			

Workout #1554 - Wednesday, 07 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
800	1 on 30:00 Stomach and Stretch		
300	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12 x 25 on :30 Berzerks	SP3	
	1x{4 x 100 on 2:00 Kick	EN2	
	{3 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	1x{1 x 100 on 1:45 Pulls	EN1	
	{2 x 100 on 1:40 Pulls	EN1	
	{3 x 100 on 1:35 Pulls	EN1	
	{4 x 100 on 1:30 Pulls	EN1	
300	6 x 50 on :50 Freestyle	EN1	
	6x{1 x 200 on 3:45 Breaststroke	EN1	
	{1 x 50 on 1:00 Breast w/ fly kick	EN1	
	{1 x 50 on 1:00 Breast w/ free kick	EN1	
	{1 x 50 on 1:00 Breast 2 kick 1 pull	EN1	
450	9 x 50 on 1:00 Stroke Drills	REC	
5:30 PM 5,950 Yards - Stress Value = 66			

Workout #1559 - Thursday, 08 November 2001

Group 3 - Chris P.

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
400	1 on 30:00 Stomach and Stretch		I
180	8 x 50 on 1:00 Stroke Drills 2 on E	REC	I
450	12 x 15 on :30 Shooters	SP3	£
	6 x 75 on 1:30 IM kick w/out board	EN1	F
	no free		
	1x{4 x 75 on 1:15 Pulls-nbbf&w	EN1	F
	{4 x 50 on 1:00 Pulls-nbbf&w	EN1	F
	{4 x 25 on :30 Pulls-nbbf&w	EN1	F
	4x{1 x 100 on 1:45 Individual Medley	EN1	£
	{1 x 100 on 1:30 Freestyle	EN1	£
	{2 x 50 on 1:00 Your Stroke	EN1	£

200 1 x 200 on 4:00 Stroke Drills REC I
7:34 PM 3,030 Yards - Stress Value = 29

Workout #1557 - Thursday, 08 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
5:30 AM Start					
	1 on 30:00 Weights			L DRY	
400	1 x 400 on 6:00 Choice	REC		S CHO	1
250	10 x 25 on :30 Berzerks	SP3		S FLY	2
	1x{3 x 125 on 1:50 Pulls	EN1		P FR	1
	{3 x 125 on 1:45 Pulls	EN1		P FR	1
	{2 x 125 on 1:40 Pulls	EN1		P FR	1
	1x{8 x 75 on 1:00 Freestyle	EN2		S FR	1
	{8 x 75 on :55 Freestyle	EN2		S FR	1
	{8 x 75 on :50 Freestyle	EN2		S FR	1
400	8 x 50 on 1:00 Stroke Drills	REC		D CD	2
7:00 AM 3,850 Yards - Stress Value = 56					

Workout #1558 - Thursday, 08 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
11:00 AM Start			
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	1x{1 x 200 on 3:00 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	{1 x 200 on 2:50 Pulls	EN1	
500	10 x 50 on 1:00 DEBF 1-5 all free	EN1	
	6-10 25 fr 25 stroke		
300	1 x 300 on 45:00 Time trials	SP1	
800	8 x 100 on 1:45 Stroke Drills	EN1	
1:25 PM 3,700 Yards - Stress Value = 67			

Workout #1560 - Friday, 09 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
	1x{3 x 50 on 1:05 Kick-descend	EN2	
	{3 x 50 on 1:00 Kick-descend	EN2	
	{3 x 50 on :55 Kick-descend	EN2	
	1x{6 x 50 on 1:00 Pulls-nbbf&w	EN1	
	{4 x 50 on :50 Pulls-nbbf&w	EN1	
	{2 x 50 on :40 Pulls-nbbf&w	EN1	
	6x{1 x 100 on 1:40 Individual Medley	EN1	
	{4 x 25 on :30 Butterfly	EN1	
400	4 x 100 on 1:30 Freestyle-descend to	EN2	
	ludicrous speed		
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 20:00 Run the Gauntlet!!!!		
5:00 PM 3,500 Yards - Stress Value = 35			

Workout #1561 - Saturday, 10 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM Start			
800	1 on 30:00 Stomach and Stretch	REC	L I
180	8 x 100 on 2:00 Stroke Drills	SP3	D
	12 x 15 on :30 Shooters	EN2	S F
	2x{1 x 100 on 2:00 Kick	EN2	K C
	{1 x 100 on 1:55 Kick	EN2	K C
	{1 x 100 on 1:50 Kick	EN2	K C
	{1 x 100 on 1:45 Kick	EN2	K C
	{1 x 100 on 1:40 Kick	EN1	K C
	1x{2 x 250 on 3:30 Pulls	EN1	P
	{2 x 250 on 3:20 Pulls	EN1	P
	{1 x 250 on 3:10 Pulls	EN1	P
	1x{2 x 100 on 1:45 Individual Medley	EN1	S
	{2 x 100 on 1:35 Individual Medley	EN1	S
	{2 x 100 on 1:25 Individual Medley	EN1	S
	4x{5 x 125 on 1:30 Freestyle	EN2	S
	{1 on 1:00 Rest	M	M
600	6 x 100 on 2:00 Stroke Drills	REC	D
9:30 AM 6,930 Yards - Stress Value = 95			

Workout #1564 - Monday, 12 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:00 PM Start			
	1 on 30:00 Stomach and Stretch	REC	L
	1x{1 x 200 on 3:30 Reverse IM drill	REC	D
	{1 x 200 on 3:20 Reverse IM drill	REC	D
	{1 x 200 on 3:10 Reverse IM drill	EN1	D
	{1 x 200 on 3:00 Reverse IM drill	REC	D
	4x{1 x 50 on 1:00 first 12.5 yds fast	SP3	S
	{1 x 50 on 1:00 2nd 12.5 yds fast	SP3	S
	{1 x 50 on 1:00 3rd 12.5 yds fast	SP3	S
	{1 x 50 on 1:00 Last 12.5 yds fast	SP3	S
	1x{4 x 25 on :45 Sprint kick	EN3	K
	{1 x 100 on 2:00 Kick	EN2	K
	{4 x 25 on :45 Sprint kick	EN3	S
	{2 x 100 on 1:50 Kick	EN2	K
	{4 x 25 on :45 Sprint kick	EN3	S
	{3 x 100 on 1:40 Kick	EN2	K
	{4 x 25 on :45 Sprint kick	EN3	K
	1x{6 x 75 on 1:10 Pulls	EN1	P
	{6 x 75 on 1:05 Pulls	EN1	P
	{6 x 75 on 1:00 Pulls	EN1	P
300	6 x 50 on :50 Freestyle	EN1	S
	1x{1 x 400 on 6:00 Freestyle	EN2	S
	{1 x 400 on 5:50 Freestyle	EN2	S
	{1 x 400 on 5:40 Freestyle	EN2	S
	{1 x 400 on 5:30 Freestyle	EN2	S
	{1 x 400 on 5:20 Freestyle	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
8:30 PM 6,650 Yards - Stress Value = 125			

Workout #1562 - Monday, 12 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM Start			
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	1x{1 x 400 on 6:00 Pulls	EN1	F
	{2 x 200 on 3:00 Pulls	EN1	F
	{4 x 100 on 1:30 Pulls	EN1	F

	{8 x 50 on :45 Pulls	EN1	F
	2x{1 x 200 on 3:30 50 fr 100 IM 50 fr	EN1	S
	{1 x 25 on :45 Butterfly	SP1	S
	{1 x 200 on 3:30 50 fr 100 IM 50 fr	EN1	S
	{1 x 50 on 1:30 25 fly 25 back	SP1	S
	{1 x 200 on 3:30 50 fr 100 IM 50 fr	EN1	S
	{1 x 75 on 2:15 IM without the free	SP1	S
	{1 x 200 on 3:30 50 fr 100 IM 50 fr	SP1	S
	{1 x 100 on 3:00 Individual Medley	SP1	S
300	6 x 50 on 1:00 Stroke Drills	REC	I
7:00 AM 4,580 Yards - Stress Value = 107			

Workout #1563 - Monday, 12 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Stomach and Stretch	REC	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	2x{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on :45 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
1,200	1x{2 x 150 on 2:00 Pulls mid 50 br ev 9	EN1	
	{2 x 150 on 1:55 Pulls mid 50 br ev 7	EN1	
	{2 x 150 on 1:50 Pulls mid 50 br ev 5	EN1	
	{2 x 150 on 1:45 Pulls mid 50 br ev 3	EN1	
200	8 x 25 on :30 IM order-build	EN1	
3,600	4x{1 x 200 on 2:30 Freestyle	EN2	
	{1 x 175 on 2:10 Freestyle	EN2	
	{1 x 150 on 1:50 Freestyle	EN2	
	{1 x 125 on 1:30 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 75 on :50 Freestyle	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 25 on :30 Freestyle	EN1	
	{1 on 1:00 Rest		
200	1 x 200 on 3:00 Stroke Drills	REC	
5:31 PM 7,380 Yards - Stress Value = 116			

Workout #1567 - Tuesday, 13 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 30:00 Stomach and Stretch		
180	1x{4 x 25 on :30 Stroke Drills	REC	
	{4 x 50 on :55 Stroke Drills	REC	
	{4 x 75 on 1:15 Stroke Drills	REC	
	{4 x 100 on 1:30 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
180	1x{3 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{2 x 50 on :55 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
400	3x{1 x 100 on 1:30 Pulls no br L. 8 yds	EN1	
	{1 x 100 on 1:30 Pulls no br L.12 yds	EN1	
	{1 x 100 on 1:30 Pulls no br L.16 yds	EN1	
	{1 x 100 on 1:30 Pulls no br L.20 yds	EN1	
400	4 x 100 on 1:40 Individual Medley	EN1	
400	4x{2 x 200 on 3:00 Backstroke	EN1	
	{6 x 50 on :55 Back des in 3's	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	8:30 PM 6,680 Yards - Stress Value = 69		

Workout #1565 - Tuesday, 13 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 AM Start		
	1 on 25:00 Weights		
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
300	12 x 25 on :30 Berzerks	SP3	
1,600	2 x 800 on 11:00 Pulls	EN1	
400	4x{1 x 50 on :00 Freestyle	SP1	
	{1 x 200 on 5:00 Freestyle	REC	
400	1 x 400 on 6:00 Six kick switch	REC	
	7:02 AM 3,900 Yards - Stress Value = 50		

Workout #1566 - Tuesday, 13 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	3:00 PM Start		
	2x{1 x 200 on 3:30 Reverse IM drill	REC	D
	{2 x 100 on 1:45 Stroke Drills	REC	D
	4x{1 x 75 on 1:30 25 fast	SP3	S
	{1 x 75 on 1:30 2nd 25 fast	SP3	S
	{1 x 75 on 1:30 3rd 25 fast	SP3	S
	1x{1 x 150 on 3:00 Kick no board	EN2	K
	{4 x 50 on 1:00 Kick	EN2	K
	{1 x 150 on 3:00 Kick no board	EN2	K
	{4 x 50 on :55 Kick	EN2	K
	{1 x 150 on 3:00 Kick no board	EN2	K
	{4 x 50 on :50 Kick	EN2	K
1,000	4 x 250 on 3:30 Pulls-nbbf&w	EN1	P
	1x{1 x 100 on 1:40 Individual Medley	EN1	S
	{1 x 75 on 1:15 Butterfly	EN1	S
	{1 x 50 on :50 Breaststroke	EN1	S
	{1 x 25 on :25 Backstroke	EN1	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	1x{4 x 125 on 2:00 Backstroke	EN1	S
	{4 x 100 on 1:35 Backstroke	EN1	S
	{4 x 75 on 1:10 Backstroke	EN1	S
	{4 x 50 on :45 Backstroke	EN1	S

	{4 x 25 on :30 Backstroke	EN1	S
	10x{1 x 25 on :30 Freestyle	EN1	S
	{1 x 25 on :20 Freestyle	EN2	S
400	4 x 100 on 2:00 Stroke Drills	REC	D
	1 on 15:00 Stomach and Pushups		L
	5:15 PM 6,500 Yards - Stress Value = 92		

Workout #1569 - Wednesday, 14 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
	6:00 PM Start			
	1 on 30:00 Stomach and Stretch			L DF
800	16 x 50 on 1:00 Stroke Drills	REC		D CH
180	12 x 15 on :30 Shooters	SP3		S E
	1x{3 x 100 on 2:00 Kick-descend	EN2		K CH
	{3 x 100 on 1:55 Kick-descend	EN2		K CH
	{3 x 100 on 1:50 Kick-descend	EN2		K CH
	1x{2 x 100 on 1:30 Lungbuster pulls	EN1		P F
	{1 x 200 on 2:20 Pulls	EN1		P F
	{2 x 100 on 1:30 Lungbuster pulls	EN1		P F
	{1 x 300 on 3:30 Pulls	EN1		P F
	{2 x 100 on 1:30 Lungbuster pulls	EN1		P F
	{1 x 400 on 4:40 Pulls	EN1		P F
300	12 x 25 on :30 IM order-build	EN1		S I
	4x{4 x 50 on 1:15 Under overs	EN2		S E
	{1 x 100 on 1:50 Breaststroke	EN1		S E
	{1 x 100 on 1:45 Breaststroke	EN1		S E
	{1 x 100 on 1:40 Breaststroke	EN1		S E
400	1 x 400 on 7:00 Stroke Drills	REC		D C
	8:30 PM 6,080 Yards - Stress Value = 71			

Workout #1568 - Wednesday, 14 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	3:00 PM Start		
	1 on 30:00 Stomach and Stretch		I
800	4 x 200 on 3:45 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	1x{4 x 25 on :45 Sprint kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{4 x 25 on :45 Sprint kick	EN2	F
	{2 x 100 on 1:50 Kick	EN2	F
	{4 x 25 on :45 Sprint kick	EN2	F
	{3 x 100 on 1:40 Kick	EN2	F
	{4 x 25 on :45 Sprint kick	EN2	F
	1x{4 x 100 on 1:30 Pulls	EN1	F
	{3 x 100 on 1:25 Pulls	EN1	F
	{2 x 100 on 1:20 Pulls	EN1	F
	{1 x 100 on 1:15 Pulls	EN1	F
	1x{2 x 50 on 1:00 Free last 25 fast	EN1	S
	{2 x 50 on :55 Free last 25 fast	EN1	S
	{2 x 50 on :50 Free last 25 fast	EN1	S
	{2 x 50 on :45 Free last 25 fast	EN1	S
	1x{3 x 200 on 3:30 Breaststroke	EN1	S
	{4 x 25 on 1:00 Breast from a dive	EN3	S
	{3 x 150 on 2:35 Breaststroke	EN1	S
	{4 x 25 on 1:00 Breast from a dive	EN3	S
	{3 x 100 on 1:40 Breaststroke	EN1	S
	{4 x 25 on 1:00 Breast from a dive	EN3	S
	{3 x 50 on :45 Breaststroke	EN2	S
400	1 x 400 on 6:00 Six kick switch	REC	I
	5:30 PM 5,680 Yards - Stress Value = 81		

Workout #1571 - Thursday, 15 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
6:00 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{2	2 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
1x{2	2 x 300 on 3:30 Pulls	EN1	
	{2 x 300 on 3:25 Pulls	EN1	
	{2 x 300 on 3:20 Pulls	EN1	
400	1 x 400 on 6:00 Reverse IM drill	EN1	
8x{8	8 x 25 on :30 Butterfly	EN2	
	{1 on 1:00 Rest		
250	1 x 250 on 4:00 Stroke Drills	REC	
8:30 PM 6,130 Yards - Stress Value = 83			

Workout #1573 - Friday, 16 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:00 PM Start				
	1 on 15:00 Stretching			L I
525	7 x 75 on 1:30 Stroke Drills	REC		D
800	1 x 800 on 16:00 Vertical kicking	EN2		K C
275	11 x 25 on :30 Berzerks	SP3		S C
4x{1	x 25 on :00 Your Stroke	SP2		S
	{1 x 25 on 1:30 Freestyle	REC		S
	{1 x 50 on :00 Your Stroke	SP2		S
	{1 x 50 on 3:00 Freestyle	REC		S
	{1 x 75 on :00 Individual Medley	SP2		S
	{1 x 75 on 4:30 Freestyle	REC		S
	{1 x 100 on :00 Individual Medley	SP2		S
	{1 x 100 on 6:00 Freestyle	REC		S
	{ 1 set on each stroke			
	1 on 10:00 Run the Gauntlet			S F
5:01 PM 3,600 Yards - Stress Value = 127				

Workout #1574 - Saturday, 17 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM Start			
	1 on 25:00 Weights		
	1 on 30:00 Talk w/ PH Mullen		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
9x{1	x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
700	1 x 700 on 10:00 Pulls	EN1	
400	8 x 50 on :45 Freestyle	EN1	
1x{6	x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:05 Freestyle	EN2	
500	10 x 50 on 1:00 Freestyle	REC	
9:30 AM 5,500 Yards - Stress Value = 83			

Workout #1572 - Friday, 16 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
600	1 x 600 on 10:00 Reverse IM drill	REC	
300	12 x 25 on :30 Berzerks	SP3	
1x{6	x 75 on 1:10 Pulls	EN1	
	{6 x 75 on 1:05 Pulls	EN1	
	{6 x 75 on 1:00 Pulls	EN1	
1x{3	x 100 on 1:30 Freestyle	EN1	
	{3 x 200 on 2:50 Freestyle	EN1	
	{3 x 300 on 4:00 Freestyle	EN2	
	{3 x 400 on 5:00 Freestyle	EN2	
400	4 x 100 on 1:30 Descend to Ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:00 AM 5,850 Yards - Stress Value = 83			

Workout #1576 - Monday, 19 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	1x{6 x 75 on 1:10 Pulls	EN1	
	{6 x 50 on :45 Pulls	EN1	
	{6 x 25 on :30 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
10x	{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :20 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:27 PM 6,480 Yards - Stress Value = 86		

Workout #1575 - Monday, 19 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	1x{6 x 75 on 1:10 Pulls	EN1	
	{6 x 50 on :45 Pulls	EN1	
	{6 x 25 on :30 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
10x	{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :20 Freestyle	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	5:27 PM 6,480 Yards - Stress Value = 86		

Workout #1579 - Tuesday, 20 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORF
	1 on 30:00 Stomach and Stretch		I
3x	{1 x 200 on 4:00 Reverse IM drill	REC	I
	{3 x 50 on :45 Freestyle	EN1	S
180	12 x 15 on :30 Shooters	SP3	S
3x	{1 x 200 on 4:00 Kick	EN2	F
	{1 x 100 on 1:30 Kick	EN2	F
1x	{1 x 400 on 5:30 Pulls	EN1	F
	{1 x 400 on 5:15 Pulls	EN1	F
	{1 x 400 on 5:00 Pulls	EN1	F
1x	{4 x 50 on 1:00 25 stroke 25 free	EN1	S

	{3 x 50 on :50 25 stroke 25 free	EN1	S
	{2 x 50 on :40 25 stroke 25 free	EN1	S
1x	{5 x 100 on 1:45 Backstroke	EN1	S
	{4 x 50 on 1:00 Back 15m under water	EN1	S
	{4 x 100 on 1:35 Backstroke	EN1	S
	{4 x 50 on 1:00 Back 15m under water	EN1	S
	{3 x 100 on 1:25 Backstroke	EN1	S
	{4 x 50 on 1:00 Back 15m under water	EN1	S
	20 x 25 on :30 IM order	EN1	S
500	1 x 250 on 5:00 Stroke Drills	REC	I
	8:30 PM 6,330 Yards - Stress Value = 69		

Workout #1580 - Tuesday, 20 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch			L DRY
	1x{1 x 400 on 7:00 Freestyle	REC	S	FR
	{1 x 300 on 5:15 Backstroke	REC	S	BK
	{1 x 200 on 3:30 Breaststroke	EN1	S	BR
	{1 x 100 on 1:45 Butterfly	EN1	S	FLY
300	12 x 25 on :30 Berzerks	SP3	S	BK
	2x{4 x 100 on 2:00 Breaststroke	EN1	S	BR
	{3 x 75 on 1:20 Breaststroke	EN1	S	BR
	{2 x 50 on :50 Breaststroke	EN1	S	BR
	{1 x 25 on :20 Breaststroke	EN2	S	BR
	{1 on :30 Rest			M
	1x{4 x 50 on 1:00 Pulls-nbbf&w	EN1	P	FR
	{4 x 50 on :55 Pulls-nbbf&w	EN1	P	FR
	{4 x 50 on :50 Pulls-nbbf&w	EN1	P	FR
	{4 x 50 on :45 Pulls-nbbf&w	EN1	P	FR
	3x{1 x 100 on 2:00 Kick	EN2	K	CHO
	{1 x 100 on 1:45 Kick	EN2	K	CHO
	{1 x 100 on 1:30 Kick	EN2	K	CHO
	2x{4 x 100 on 1:40 Breaststroke	EN1	S	BR
	{3 x 75 on 1:10 Breaststroke	EN2	S	BR
	{2 x 50 on :45 Breaststroke	EN2	S	BR
	{1 x 25 on :15 Breaststroke	EN2	S	BR
	{1 on :40 Rest			M
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	8:30 PM 6,300 Yards - Stress Value = 78			

Workout #1577 - Tuesday, 20 November 2001

HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
200	8 x 25 on :30 Berzerks	SP3	
1x{2	x 125 on 1:55 Pulls no br L.5 yds	EN1	
	{2 x 125 on 1:50 Pulls no br L.10 yds	EN1	
	{2 x 125 on 1:45 Pulls no br L.15 yds	EN1	
	{2 x 125 on 1:40 Pulls no br L.20 yds	EN1	
	{2 x 100 on 1:40 Pulls no br L.5 yds	EN1	
	{2 x 100 on 1:35 Pulls no br L.10 yds	EN1	
	{2 x 100 on 1:30 Pulls no br L.15 yds	EN1	
	{2 x 100 on 1:25 Pulls no br L.20 yds	EN1	
2x{1	x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:35 Individual Medley	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:35 Individual Medley	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:40 Individual Medley	EN1	
	{1 x 100 on 1:15 Freestyle	EN1	
	{1 x 100 on 1:45 Individual Medley	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	

7:05 AM 4,200 Yards - Stress Value = 40

{2 x 150 on 2:05 Pulls mid 50 br ev 9	EN1
{1 x 150 on 2:00 Pulls mid 50 br ev10	EN1
2x{1 x 100 on 1:45 Individual Medley	EN1
{1 x 50 on :50 Freestyle	EN1
{1 x 50 on :45 Freestyle	EN1
{1 x 50 on :40 Freestyle	EN1
3x{1 x 400 on 8:00 Breaststroke	EN1
{ r. 10 sec after each	
{ 100 and descend 1-4	
{4 x 50 on 1:15 Breast under over	EN2
{ 100% on the over	
200 1 x 200 on 3:00 Stroke Drills	REC

5:30 PM 6,030 Yards - Stress Value = 72

Workout #1582 - Thursday, 22 November 2001

HighSchl - All

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PF
	8:00 AM	1 on 59:59 Water Polo			S	
	9:00 AM	0 Yards				

Workout #1584 - Friday, 23 November 2001

Group 3 - All

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
1,000	1x{2 x 200 on 3:00 Stroke Drills	REC	
	{2 x 150 on 2:15 Stroke Drills	REC	
	{2 x 100 on 1:30 Stroke Drills	REC	
	{2 x 50 on :45 Stroke Drills	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,250	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
	{2 x 125 on 2:10 Kick	EN2	
1,800	1x{3 x 200 on 2:45 Pulls	EN1	
	{3 x 200 on 2:35 Pulls	EN1	
	{3 x 200 on 2:25 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
1,600	1x{1 x 200 on 3:00 Individual Medley	EN1	
	{4 x 50 on :55 Butterfly	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	{4 x 50 on :50 Backstroke	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	{4 x 50 on 1:00 Breaststroke	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	{4 x 50 on :45 Freestyle	EN1	
500	1 x 500 on 8:00 Stroke Drills	REC	

1:28 PM 7,050 Yards - Stress Value = 77

Workout #1578 - Tuesday, 20 November 2001

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
3x{1	x 200 on 4:00 Reverse IM drill	REC	
	{3 x 50 on :45 Freestyle	EN1	
180	12 x 15 on :30 Shooters	SP3	
3x{1	x 200 on 4:00 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
1x{1	x 400 on 5:30 Pulls	EN1	
	{1 x 400 on 5:15 Pulls	EN1	
	{1 x 400 on 5:00 Pulls	EN1	
1x{4	x 50 on 1:00 25 stroke 25 free	EN1	
	{3 x 50 on :50 25 stroke 25 free	EN1	
	{2 x 50 on :40 25 stroke 25 free	EN1	
1x{5	x 100 on 1:45 Backstroke	EN1	
	{4 x 50 on 1:00 Back 15m under water	EN1	
	{4 x 100 on 1:35 Backstroke	EN1	
	{4 x 50 on 1:00 Back 15m under water	EN1	
	{3 x 100 on 1:25 Backstroke	EN1	
	{4 x 50 on 1:00 Back 15m under water	EN1	
500	20 x 25 on :30 IM order	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	

5:30 PM 6,330 Yards - Stress Value = 69

Workout #1581 - Wednesday, 21 November 2001

HighSchl - All

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{2	x 200 on 4:00 Kick	EN2	
	{2 x 175 on 3:15 Kick	EN2	
	{2 x 150 on 2:35 Kick	EN2	
1x{4	x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
	{3 x 150 on 2:10 Pulls mid 50 br ev 8	EN1	

Workout #1583 - Friday, 23 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:30 AM Start		
	1 on 25:00 Weights		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Pit sprints	SP3	
1x	{ 1 x 200 on 3:00 Pulls	EN1	
	{ 2 x 100 on 1:15 Pulls	EN1	
	{ 1 x 200 on 2:45 Pulls	EN1	
	{ 2 x 100 on 1:20 Pulls	EN1	
	{ 1 x 200 on 2:30 Pulls	EN1	
	{ 2 x 100 on 1:25 Pulls	EN1	
3x	{ 1 x 50 on 1:00 Free 2 beat kick	EN1	
	{ 1 x 50 on :50 Free 4 beat kick	EN1	
	{ 1 x 50 on :40 Free 6 beat kick	EN2	
1x	{ 1 x 400 on 6:00 Individual Medley	EN2	
	{ 1 x 300 on 4:30 Individual Medley	EN2	
	{ 1 x 200 on 3:00 Individual Medley	EN2	
	{ 1 x 100 on 1:30 Individual Medley	EN2	
	{ 2 x 150 on 2:15 100 fly 50 back	EN2	
	{ 2 x 150 on 2:15 100 back 50 breast	EN2	
	{ 2 x 150 on 2:15 100 breast 50 free	EN2	
	{ 2 x 150 on 2:15 100 free 50 fly	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	9:30 AM 5,355 Yards - Stress Value = 70		

Workout #1585 - Friday, 23 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1:30 PM Start			
	1 on 20:00 Stomach and Stretch		L	DF
600	3 x 200 on 3:30 Reverse IM drill	REC	D	I
180	12 x 15 on :25 Berzerks	SP3	S	F
4x	{ 1 x 125 on 2:30 Kick	EN2	K	CF
	{ 5 x 25 on :40 Sprint kick	EN2	S	CF
1x	{ 3 x 100 on 1:20 Pulls	EN1	P	F
	{ 3 x 100 on 1:15 Pulls	EN1	P	F
	{ 3 x 100 on 1:10 Pulls	EN1	P	F
300	12 x 25 on :30 IM order-build	EN1	S	I
1x	{ 1 x 200 on 3:30 Butterfly	EN1	S	FI
	{ 1 x 200 on 3:00 Freestyle	EN1	S	F
	{ 1 x 175 on 3:05 Butterfly	EN1	S	FI
	{ 1 x 175 on 2:40 Freestyle	EN1	S	F
	{ 1 x 150 on 2:35 Butterfly	EN1	S	FI
	{ 1 x 150 on 2:15 Freestyle	EN1	S	F
	{ 1 x 125 on 2:10 Butterfly	EN1	S	FI
	{ 1 x 125 on 1:50 Freestyle	EN1	S	F
	{ 1 x 100 on 1:45 Butterfly	EN1	S	FI
	{ 1 x 100 on 1:30 Freestyle	EN1	S	F
	{ 1 x 75 on 1:20 Butterfly	EN1	S	FI
	{ 1 x 75 on 1:10 Freestyle	EN1	S	F
	{ 1 x 50 on :50 Butterfly	EN1	S	FI
	{ 1 x 50 on :45 Freestyle	EN1	S	F
	{ 1 x 25 on :25 Butterfly	EN1	S	FI
	{ 1 x 25 on :25 Freestyle	EN1	S	F
300	1 x 300 on 5:00 Stroke Drills	REC	D	C
	3:29 PM 5,080 Yards - Stress Value = 57			

Workout #1586 - Saturday, 24 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	7:00 AM Start			
	1 on 15:00 Stretch		L	DF

	2x{ 1 x 200 on 3:30 Stroke Drills	REC	D	F
	{ 1 x 50 on :55 Butterfly	EN1	S	FI
	{ 1 x 50 on :50 Backstroke	EN1	S	F
	{ 1 x 50 on 1:00 Breaststroke	EN1	S	F
	{ 1 x 50 on :45 Freestyle	EN1	S	F
300	12 x 25 on :30 Berzerks	SP3	S	CF
1x	{ 2 x 150 on 3:00 Kick	EN2	K	CF
	{ 2 x 125 on 2:30 Kick	EN2	K	CF
	{ 2 x 100 on 2:00 Kick	EN2	K	CF
	{ 2 x 75 on 1:30 Kick	EN2	K	CF
	{ 2 x 50 on 1:00 Kick	EN2	K	CF
	{ odds 100%			
	6x{ 1 x 100 on 1:15 Pulls	EN1	P	F
	{ 1 x 100 on 1:30 Lungbuster pulls	EN1	P	F
	{ breathe 3-5-7-9			
400	8 x 50 on :50 25 stroke 25 free	EN1	S	CM
1,200	16 x 75 on 1:30 Freestyle	EN3	S	F
400	16 x 25 on :40 Stroke Drills	REC	D	C
	9:00 AM 5,300 Yards - Stress Value = 124			

Workout #1593 - Monday, 26 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 1:45 Stroke Drills 2 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
3,000	1x{ 1 x 1000 on 12:30 Freestyle	EN2	
	{ 1 x 1000 on 12:00 Freestyle	EN2	
	{ 1 x 1000 on 11:30 Freestyle	EN2	
1,350	1x{ 6 x 75 on 1:40 Kick	EN1	
	{ 6 x 75 on 1:30 Kick	EN2	
	{ 6 x 75 on 1:20 Kick	EN2	
1,000	1x{ 5 x 50 on :40 Pulls	EN1	
	{ 5 x 50 on :45 Pulls	EN1	
	{ 5 x 50 on :50 Pulls	EN1	
	{ 5 x 50 on :55 Pulls	EN1	
400	4x{ 1 x 25 on :45 Fly/back 5m under	EN1	
	{ 1 x 25 on :45 Fly/back 10m under	EN1	
	{ 1 x 25 on :45 Fly/back 15m under	EN1	
	{ 1 x 25 on :45 Fly/back 20m under	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:32 PM 7,150 Yards - Stress Value = 106		

Workout #1590 - Monday, 26 November 2001

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:00 PM Start		
	1 on 30:00 Dryland		
600	1 x 600 on 16:00 Drill-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 15:00 Techniques-Timed str	SP3	
800	1 x 800 on 20:00 Vertical Kicking	EN2	
1,000	2x{ 1 x 200 on 5:00 Pulls with paddles	EN1	
	{ 1 x 150 on 3:45 Pulls with paddles	EN1	
	{ 1 x 100 on 2:30 Pulls with paddles	EN1	
	{ 1 x 50 on 1:15 Pulls with paddles	EN1	
450	9 x 50 on :45 Descend in sets of 3	EN1	
1,000	1x{ 4 x 100 on 1:45 Stroke Drills	EN1	
	{ 4 x 75 on 1:15 Stroke Drills	EN1	
	{ 4 x 50 on :55 Stroke Drills	EN1	
	{ 4 x 25 on 1:00 Breaststroke 100%	EN3	
250	1 x 250 on 5:00 Six kick switch	REC	
	5:30 PM 4,280 Yards - Stress Value = 52		

Workout #1592 - Monday, 26 November 2001

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:00 PM Start		
	1 on 30:00 Dryland		
1,000	1 x 1000 on 16:00 Choice	REC	
600	3x{1 x 50 on :45 1st 12 yards fast	SP3	
	{1 x 50 on :45 2nd 12 yards fast	REC	
	{1 x 50 on :45 3rd 12 yards fast	REC	
	{1 x 50 on :45 4th 12 yards fast	REC	
	1 on 10:00 Techniques-Auburn		
500	1 x 500 on 10:00 Kick 6bk in/out trns	EN2	
2,000	1x{2 x 250 on 3:40 Pulls	EN1	
	{2 x 250 on 3:35 Pulls	EN1	
	{2 x 250 on 3:30 Pulls	EN1	
	{2 x 250 on 3:25 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
2,000	1x{1 x 400 on 5:00 Freestyle	EN2	
	{1 x 400 on 4:55 Freestyle	EN2	
	{1 x 400 on 4:50 Freestyle	EN2	
	{1 x 400 on 4:45 Freestyle	EN2	
	{1 x 400 on 4:40 Freestyle	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 7,000 Yards - Stress Value = 82		

{1 x 50 on :45 Freestyle	EN1	S
{1 x 50 on :40 Freestyle	EN2	S
{1 x 50 on :35 Freestyle	EN2	S
{1 x 50 on :30 Freestyle	EN2	S
{1 on :30 Rest		M
1 x 200 on 4:00 Stroke Drills	REC	I
7:00 AM 5,505 Yards - Stress Value = 64		

Workout #1588 - Monday, 26 November 2001

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-Stanford		
900	3x{1 x 150 on 4:30 Kick	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN2	
800	16 x 50 on 1:30 Pulls-nbbf&w	EN1	
200	8 x 25 on 1:00 IM order-build	EN1	
900	1x{4 x 75 on 2:00 Freestyle	EN1	
	{4 x 75 on 1:45 Freestyle	EN1	
	{4 x 75 on 1:30 Freestyle	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:31 PM 3,580 Yards - Stress Value = 44		

Workout #1589 - Monday, 26 November 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
	3:00 PM Start		
	1 on 30:00 Dryland		
800	1 x 800 on 16:00 Reverse IM drill	REC	D
240	12 x 20 on :30 Shooters 15m under	SP3	S
	1 on 10:00 Techniques-Start 15m		D
1,000	10 x 100 on 2:00 Kick no board	EN2	K
	4x{1 x 25 on :45 Pulls no breath	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
	{1 x 50 on 1:15 Pulls no breath	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
300	12 x 25 on :30 IM order-build	EN1	S
	1x{8 x 25 on :30 Your Stroke	EN1	S
	{7 x 50 on :55 Your Stroke	EN1	S
	{6 x 75 on 1:20 Your Stroke	EN1	S
	{5 x 100 on 1:45 Your Stroke	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
	5:30 PM 5,340 Yards - Stress Value = 59		

Workout #1591 - Monday, 26 November 2001

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Dryland		
800	16 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on :45 Berzerks from a dive	SP3	
	1 on 10:00 Techniques-Stanford		
1,500	6x{1 x 25 on :30 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{1 x 75 on 1:40 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
600	12 x 50 on 1:00 Pulls-nbbf&w w/pddls	EN1	
325	13 x 25 on :30 Odds free evens fly	EN1	
400	20 x 20 on 1:00 Pit sprints Run&dive	SP3	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 4,275 Yards - Stress Value = 65		

Workout #1587 - Monday, 26 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:30 AM Start		
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	S
180	12 x 15 on :30 Berzerks	SP3	S
1,500	12 x 125 on 1:45 Lungbuster pulls	EN1	F
	3x{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 100 on 1:25 Freestyle	EN1	S
	{1 x 100 on 1:20 Freestyle	EN1	S
	{1 x 100 on 1:15 Freestyle	EN2	S
	{1 x 75 on 1:15 Freestyle	EN1	S
	{1 x 75 on 1:10 Freestyle	EN1	S
	{1 x 75 on 1:05 Freestyle	EN1	S
	{1 x 75 on 1:00 Freestyle	EN2	S
	{1 x 75 on :55 Freestyle	EN1	S
	{1 x 50 on :55 Freestyle	EN1	S
	{1 x 50 on :50 Freestyle	EN1	S

Workout #1595 - Tuesday, 27 November 2001

8:30 PM 6,530 Yards - Stress Value = 71

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
800	4 x 200 on 3:30 Individual Medley	REC	S
300	12 x 25 on :30 Berzerks	SP3	S
	5x{1 x 25 on :30 Kick	EN2	K
	{1 x 50 on :55 Kick	EN2	K
	{1 x 75 on 1:20 Kick	EN2	K
	{1 x 100 on 1:40 Kick	EN2	K
	1x{2 x 200 on 3:00 Backstroke	EN1	S
	{1 x 100 on 2:00 Backstroke 100%	EN3	S
	{2 x 175 on 2:45 Backstroke	EN1	S
	{1 x 100 on 2:00 Backstroke 100%	EN3	S
	{2 x 150 on 2:25 Backstroke	EN1	S
	{1 x 100 on 2:00 Backstroke 100%	EN3	S
	{2 x 125 on 2:05 Backstroke	EN1	S
	{1 x 100 on 2:00 Backstroke 100%	EN3	S
	{2 x 100 on 1:45 Backstroke	EN1	S
	{1 x 100 on 2:00 Backstroke 100%	EN3	S
10x	{1 x 100 on 1:30 Pulls	EN1	P
	{1 x 50 on 1:15 Pulls no breath	EN1	P
500	5 x 100 on 2:00 Stroke Drills	REC	D
	8:30 PM 6,350 Yards - Stress Value = 97		

Workout #1597 - Wednesday, 28 November 2001

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:00 PM Start		
	1 on 30:00 Dryland		
800	1 x 800 on 16:00 Stroke Drills-no brs	REC	
	kick for 1st 1/2		
250	10 x 25 on :45 Berzerks from a dive	SP3	
	1 on 10:00 Techniques-timed trn		
1,200	1x{4 x 100 on 2:00 Kick on back	EN2	
	{4 x 100 on 2:00 Kick hands by side	EN2	
	{4 x 100 on 2:00 Kick strmln underH2O	EN2	
1,250	1x{4 x 125 on 3:10 Pulls with paddles	EN1	
	{3 x 125 on 3:00 Pulls with paddles	EN1	
	{2 x 125 on 2:50 Pulls with paddles	EN1	
	{1 x 125 on 2:40 Pulls with paddles	EN1	
200	4 x 50 on 1:00 Butterfly	EN1	
900	1x{4 x 75 on 1:20 Breaststroke	EN1	
	{4 x 75 on 1:15 Breaststroke	EN1	
	{4 x 75 on 1:10 Breaststroke	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:31 PM 5,000 Yards - Stress Value = 57		

Workout #1594 - Tuesday, 27 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:30 AM Start			
	1 on 25:00 Weights		L	DRY
400	1 x 400 on 7:00 Stroke Drills	REC	D	CD
250	10 x 25 on :30 Berzerks	SP3	S	FLY
1,200	6 x 200 on 2:45 Pulls	EN1	P	FR
	1x{1 x 800 on 10:00 Freestyle	EN2	S	FR
	{1 x 800 on 9:45 Freestyle	EN2	S	FR
	{1 x 800 on 9:30 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	7:01 AM 4,450 Yards - Stress Value = 70			

Workout #1599 - Wednesday, 28 November 2001

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 30:00 Dryland		
1,000	4 x 250 on 4:00 Frees last 50 strk	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1 on 10:00 Techniques-Auburn tr		
500	10 x 50 on 1:00 Kick des in 3's hold	EN2	
	#10 as fast as #9		
1,500	1x{5 x 100 on 1:30 Pulls with paddles	EN1	
	{5 x 100 on 1:25 Pulls with paddles	EN1	
	{5 x 100 on 1:20 Pulls with paddles	EN1	
3,300	1x{1 x 1650 on 25:00 Freestyle	EN2	
	{3 x 500 on 7:00 Freestyle	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	5:31 PM 6,850 Yards - Stress Value = 103		

Workout #1601 - Wednesday, 28 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:00 PM Start		
	1 on 30:00 Stomach and Stretch		
	2x{1 x 200 on 4:00 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:30 Reverse IM drill	REC	
180	12 x 15 on :30 Berzerks	SP3	
	5x{1 x 100 on 2:00 Kick	EN1	
	{1 x 100 on 1:45 Kick	EN2	
500	4 x 125 on 1:50 IM with 50 free	EN1	
	1x{2 x 150 on 2:45 Breaststroke	EN1	
	{3 x 50 on 1:00 Breast under/over	EN2	
	{2 x 150 on 2:40 Breaststroke	EN1	
	{3 x 50 on 1:00 Breast under/over	EN2	
	{2 x 150 on 2:35 Breaststroke	EN1	
	{3 x 50 on 1:00 Breast under/over	EN2	
	{2 x 150 on 2:30 Breaststroke	EN1	
	{3 x 50 on 1:00 Breast under/over	EN2	
	1x{4 x 125 on 1:55 Pulls no br L.5 yds	EN1	
	{4 x 125 on 1:50 Pulls no br L.10 yds	EN1	
	{4 x 125 on 1:45 Pulls no br L.15 yds	EN1	
	{4 x 125 on 1:40 Pulls no br L.20 yds	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	

Workout #1600 - Wednesday, 28 November 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Dryland		
800	1 x 800 on 16:00 4/4 fly/brst fr/back	REC	
180	12 x 15 on :30 Berzerks 15m under	SP3	
	5 yds fast!!!		
	1 on 10:00 Techniques-finishes		
2x{4	x 100 on 2:00 Kick no board	EN2	
	{3 x 75 on 1:30 Kick no board	EN2	
	{2 x 50 on 1:00 Kick no board	EN2	
	{1 x 25 on :30 Kick no board	EN2	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	
300	6 x 50 on :45 Freestyle	EN1	
1x{3	x 200 on 3:30 Your Stroke	EN1	
	{3 x 200 on 3:20 Your Stroke	EN1	
	{3 x 200 on 3:10 Your Stroke	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 5,630 Yards - Stress Value = 66		

Workout #1596 - Wednesday, 28 November 2001

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 16:00 Swim-kick-pull-swim	REC	
300	12 x 25 on 1:00 Berzerks	SP3	
900	1x{3 x 100 on 3:00 Kick	EN2	
	{3 x 100 on 2:50 Kick	EN2	
	{3 x 100 on 2:40 Kick	EN2	
1,350	1x{6 x 75 on 2:00 Pulls no br L. 5 yds	EN1	
	{6 x 75 on 2:00 Pulls no br L.10 yds	EN1	
	{6 x 75 on 2:00 Pulls no br L.15 yds	EN1	
600	3x{1 x 100 on 3:00 Individual Medley	EN1	
	{1 x 50 on 1:00 Freestyle	EN2	
	{1 x 50 on 2:00 Freestyle-EZ	REC	
250	1 x 250 on 6:00 Stroke Drills	REC	
	5:29 PM 4,000 Yards - Stress Value = 48		

Workout #1598 - Wednesday, 28 November 2001

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland		
800	8 x 100 on 2:00 25 dr 50 fast 25 dr	REC	
180	12 x 15 on :30 Shooters-hold strmln	SP3	
	1 on 10:00 Techniques-relay str		
1,500	2x{4 x 100 on 1:30 Kick with flippers	EN2	
	{3 x 75 on 1:05 Kick with flippers	EN2	
	{2 x 50 on :40 Kick with flippers	EN2	
	{1 x 25 on 1:00 Kick with flippers	EN2	
800	2x{1 x 100 on 1:30 Pulls no br L. 5 yds	EN1	
	{1 x 100 on 1:30 Pulls no br L.10 yds	EN1	
	{1 x 100 on 1:30 Pulls no br L.15 yds	EN1	
	{1 x 100 on 1:30 Pulls no br L.20 yds	EN1	
900	3x{1 x 100 on 1:45 Freestyle	REC	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
240	12 x 20 on 2:00 Stretch cords in wel	SP3	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 4,820 Yards - Stress Value = 64		

Workout #1604 - Thursday, 29 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
	1x{4 x 50 on 1:00 Stroke Drills	REC	
	{4 x 50 on :55 Stroke Drills	REC	
	{4 x 50 on :50 Stroke Drills	REC	
	{4 x 50 on :45 Stroke Drills	REC	
300	12 x 25 on :30 Berzerks	SP3	
	3x{2 x 150 on 2:30 50 fr 50 fly 50 fr	EN1	
	{2 x 150 on 2:30 25 fr 75 fly 50 fr	EN1	
	{2 x 150 on 2:30 25 fr 100 fly 25 fr	EN1	
	1x{5 x 50 on :45 Pulls no br L. 5 yds	EN1	
	{5 x 50 on :50 Pulls no br L.10 yds	EN1	
	{5 x 50 on :55 Pulls no br L.15 yds	EN1	
	{5 x 50 on 1:00 Pulls no br L.20 yds	EN1	
	8x{1 x 50 on 1:00 Kick no board	EN2	
	{ under 15m off walls		
	{1 x 100 on 2:00 Kick	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 6,400 Yards - Stress Value = 71		

Workout #1602 - Thursday, 29 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
	1 on 25:00 Weights			L DF
400	1 x 400 on 8:00 Reverse IM drill	REC		D I
300	12 x 25 on :30 Berzerks	SP3		S FI
	1x{2 x 125 on 2:00 Lungbuster pulls	EN1		P F
	{ br 2-3-4-5-6			
	{2 x 125 on 1:55 Lungbuster pulls	EN1		P F
	{ br 3-4-5-6-7			
	{2 x 125 on 1:50 Lungbuster pulls	EN1		P F
	{ br 4-5-6-7-8			
	{2 x 125 on 1:45 Lungbuster pulls	EN1		P F
	{ br 5-6-7-8-9			
	1x{2 x 250 on 3:30 Freestyle	EN1		S F
	{5 x 100 on 1:15 Freestyle	EN2		S F
	{2 x 250 on 3:20 Freestyle	EN2		S F
	{5 x 100 on 1:15 Freestyle	EN2		S F
300	1 x 300 on 5:00 Stroke Drills	REC		D C
	7:00 AM 4,000 Yards - Stress Value = 55			

Workout #1603 - Thursday, 29 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:00 PM Start				
800	1 on 30:00 Stomach and Stretch	REC	D	C
180	16 x 50 on :55 Stroke Drills odds free evens n.fr	SP3	S	S
	2x{1 x 125 on 2:05 Kick	EN2	K	C
	{1 x 100 on 1:45 Kick	EN2	K	C
	{1 x 75 on 1:20 Kick	EN2	K	C
	{1 x 50 on :55 Kick	EN2	K	C
	{6 x 25 on :30 Sprint kick	EN2	K	C
	1x{6 x 75 on 1:05 Pulls	EN1	P	S
	{7 x 75 on 1:00 Pulls	EN1	P	S
	{7 x 75 on :55 Pulls	EN1	P	S
300	6 x 50 on :50 25 stroke 25 free	EN1	S	C
	3x{1 x 100 on 1:25 Individual Medley	EN2	S	S
	{1 x 50 on :45 Freestyle	EN1	S	S
	{1 x 50 on :55 Freestyle	REC	S	S
300	1 x 300 on 6:00 Reverse IM drill	REC	D	S
	3x{1 x 100 on 1:20 Individual Medley	EN2	S	S
	{1 x 50 on :40 Freestyle	EN2	S	S
	{1 x 50 on :50 Freestyle	EN1	S	S
300	1 x 300 on 6:00 Reverse IM drill	REC	D	S
	3x{1 x 100 on 1:15 Individual Medley	EN2	S	S
	{1 x 50 on :35 Freestyle	EN2	S	S
	{1 x 50 on :45 Freestyle	EN1	S	S
300	1 x 300 on 6:00 Stroke Drills	REC	D	S
5:30 PM 6,480 Yards - Stress Value = 74				

Workout #1607 - Friday, 30 November 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:00 PM Start				
500	1 on 30:00 Stomach and Stretch	REC	D	C
800	1 x 500 on 10:00 Sculling drills	EN1	K	C
300	1 x 800 on 16:00 Vertical Kicking	SP3	S	C
	12 x 25 on :30 Berzerks	D	S	C
	1 on 10:00 Techniques-starts	EN1	S	C
	4x{1 x 25 on :40 Fly/back 5m under	EN1	S	C
	{1 x 25 on :40 Fly/back 10m under	EN1	S	C
	{1 x 25 on :40 Fly/back 15m under	EN1	S	C
	{1 x 25 on :40 Fly/back 20m under	EN1	S	C
	4x{1 x 50 on :00 Stroke	SP1	S	S
	{1 x 200 on 5:00 Freestyle	REC	S	S
100	1 x 100 on :00 Choice for time	SP2	S	C
400	8 x 50 on 1:00 Stroke Drills	REC	D	S
7:57 PM 3,500 Yards - Stress Value = 50				

Workout #1605 - Friday, 30 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM Start			
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	6x{1 x 150 on 2:15 Lungbuster pulls	EN1	
	{ breathe 5-7-8 by 50s		
	{1 x 100 on 1:30 Pulls-nbbf&w	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
	1x{4 x 125 on 2:00 Your Stroke	EN1	
	{4 x 125 on 1:55 Your Stroke	EN1	
	{4 x 125 on 1:50 Your Stroke	EN1	
	{4 x 125 on 1:45 Your Stroke	EN1	

400 8 x 50 on 1:00 Stroke Drills REC
7:00 AM 5,200 Yards - Stress Value = 51

Workout #1606 - Friday, 30 November 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:00 PM Start				
400	1 on 30:00 Dryland and stretch	EN1	S	S
180	1 x 400 on 7:00 Individual Medley	SP3	S	S
	12 x 15 on :15 Shooters	EN1	S	C
	4x{1 x 25 on :45 Fly/back 5m under	EN1	S	C
	{1 x 25 on :45 Fly/back 10m under	EN1	S	C
	{1 x 25 on :45 Fly/back 15m under	EN1	S	C
	{1 x 25 on :45 Fly/back 20m under	EN1	S	C
	1x{3 x 200 on 2:45 Freestyle	EN1	S	S
	{3 x 175 on 2:25 Freestyle	EN1	S	S
	{3 x 150 on 2:05 Freestyle	EN1	S	S
	{3 x 125 on 1:45 Freestyle	EN1	S	S
	{3 x 100 on 1:25 Freestyle	EN1	S	S
	{3 x 75 on 1:00 Freestyle	EN2	S	S
	{3 x 50 on :40 Freestyle	EN2	S	S
	{3 x 25 on :20 Freestyle	EN2	S	S
400	1 x 400 on 8:00 Stroke Drills	REC	D	S
	1 on 15:00 Run the gauntlet		S	F
4:57 PM 4,080 Yards - Stress Value = 46				

Workout #1608 - Saturday, 01 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WC
11:00 AM Start			
1,000	1 on 30:00 Stomach and Stretch	REC	
300	1 x 1000 on 18:00 Swim-kick-pull-swim	SP3	
1,050	1x{2 x 75 on 1:30 Kick	EN1	
	{3 x 75 on 1:25 Kick	EN2	
	{4 x 75 on 1:20 Kick	EN2	
	{5 x 75 on 1:15 Kick	EN2	
1,500	6x{1 x 150 on 2:15 Lungbuster pulls	EN1	
	{ breathe 5-7-9 by 50s		
	{1 x 100 on 1:30 Pulls-nbbf&w	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,400	1x{1 x 300 on 4:00 Freestyle	EN2	
	{3 x 100 on 1:05 Freestyle	EN2	
	{1 x 300 on 3:50 Freestyle	EN2	
	{3 x 100 on 1:10 Freestyle	EN2	
	{1 x 300 on 3:40 Freestyle	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 x 300 on 3:30 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
1:28 PM 7,050 Yards - Stress Value = 98			

Workout #1611 - Monday, 03 December 2001

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim no breast kick	REC	
	1 on 10:00 Timed starts		
1,200	4x{2 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
1,000	1x{4 x 100 on 2:30 Pulls with paddles	EN1	
	{3 x 100 on 2:25 Pulls with paddles	EN1	
	{2 x 100 on 2:20 Pulls with paddles	EN2	
	{1 x 100 on 2:15 Pulls with paddles	EN1	
400	8 x 50 on :55 25 fly 25 free	EN1	
1,550	1x{4 x 125 on 2:30 Breaststroke	EN1	
	{2 x 50 on :40 Freestyle	EN2	
	{3 x 125 on 2:20 Breaststroke	EN1	
	{2 x 50 on :40 Freestyle	EN2	
	{2 x 125 on 2:10 Breaststroke	EN1	
	{2 x 50 on :40 Freestyle	EN2	
	{1 x 125 on 2:00 Breaststroke	EN1	
	{1st 25 under water		
300	6 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 5,250 Yards - Stress Value = 54		

Workout #1613 - Monday, 03 December 2001

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 15:00 Choice	REC	
600	3x{1 x 50 on :45 1st 12y fast	SP3	
	{1 x 50 on :45 2nd 12y fast	REC	
	{1 x 50 on :45 3rd 12y fast	REC	
	{1 x 50 on :45 last 25 fast	REC	
600	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
1,600	1x{2 x 400 on 5:30 Pulls	EN1	
	{2 x 400 on 5:15 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
3,000	1x{4 x 150 on 1:50 Freestyle	EN2	
	{4 x 150 on 1:45 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 150 on 1:45 Freestyle	EN2	
	{3 x 150 on 1:40 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 150 on 1:40 Freestyle	EN2	
	{2 x 150 on 1:35 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 150 on 1:35 Freestyle	EN2	
	{1 x 150 on 1:30 Freestyle	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:29 PM 7,800 Yards - Stress Value = 100		

Workout #1609 - Monday, 03 December 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Dryland and stretch		L
800	1 x 800 on 15:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	1 on 10:00 Timed starts		D

800	1 x 800 on 16:00 Vertical Kicking	EN2	K
	5x{2 x 100 on 1:30 Lungbuster pulls	EN1	P
	{ br 4-5-6-7		
	{2 x 75 on 1:15 Your Stroke	EN1	S
	6x{1 x 50 on 1:00 Your Stroke	EN1	S
	{1 x 75 on 1:20 Your Stroke	EN1	S
	{1 x 100 on 1:40 Your Stroke	EN1	S
	{1st 25 undr fly kick		
	10x{1 x 25 on :40 Weak stroke	EN1	S
	{1 x 25 on :20 Your Stroke	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	5:30 PM 5,680 Yards - Stress Value = 61		

Workout #1610 - Monday, 03 December 2001

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{1 x 150 on 4:00 Kick	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{1 x 50 on 1:20 Kick	EN2	
1,200	4x{1 x 50 on 1:15 Pulls-nbbf&w	EN1	
	{1 x 100 on 2:30 Pulls-nbbf&w	EN1	
	{1 x 150 on 3:45 Pulls-nbbf&w	EN1	
1,200	3x{1 x 200 on 6:00 Individual Medley	EN1	
	{2 x 100 on 2:15 Freestyle	EN1	
200	8 x 25 on 1:00 Stroke Drills	REC	
	5:30 PM 4,280 Yards - Stress Value = 49		

Workout #1612 - Monday, 03 December 2001

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-Stanford		
300	12 x 25 on :30 Berzerks Streamline	SP3	
	past the flags then		
	12 yards fast		
800	8x{1 x 25 on :45 Sprint kick	EN2	
	{1 x 25 on :40 Sprint kick	EN2	
	{1 x 25 on :35 Sprint kick	EN2	
	{1 x 25 on :30 Sprint kick	EN2	
900	12 x 75 on 1:10 Pulls no br mid 25	EN1	
2,400	3x{1 x 200 on 3:30 W/zoomers 1st 50fst	EN2	
	{1 x 200 on 3:30 W/zoomers 1st 100fst	EN2	
	{1 x 200 on 3:30 W/zoomers 1st 150fst	EN2	
	{1 x 200 on 3:30 W/zoomers all fast	EN2	
	{1 on 1:00 Rest		
500	5 x 100 on 1:15 Stroke Drills	REC	
	5:31 PM 5,700 Yards - Stress Value = 85		

Workout #1616 - Tuesday, 04 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:00 PM Start				
800	1 on 30:00 Stomach and Stretch	REC	L	I
300	1 x 800 on 15:00 Reverse IM drill	SP3	S	F
1,200	12 x 25 on :30 Berzerks	EN2	K	C
	1x{2 x 100 on 2:00 Kick	EN2	K	C
	{2 x 50 on :45 Kick	EN2	K	C
	{2 x 100 on 1:50 Kick	EN2	K	C
	{2 x 50 on :50 Kick	EN2	K	C
	{2 x 100 on 1:40 Kick	EN2	K	C
	{2 x 50 on :55 Kick	EN2	K	C
	{2 x 100 on 1:30 Kick	EN2	K	C
	{2 x 50 on 1:00 Kick	EN2	K	C
1,200	1x{4 x 100 on 1:30 Backstroke	EN1	S	
	{4 x 100 on 1:25 Backstroke	EN2	S	
	{4 x 100 on 1:20 Backstroke	EN2	S	
600	3 x 200 on 2:45 Pulls	EN1	P	
1,125	1x{3 x 125 on 1:45 Backstroke	EN2	S	
	{3 x 125 on 1:40 Backstroke	EN2	S	
	{3 x 125 on 1:35 Backstroke	EN2	S	
600	3 x 200 on 2:45 Pulls	EN1	P	
900	1x{2 x 150 on 2:00 Backstroke	EN2	S	
	{2 x 150 on 1:55 Backstroke	EN2	S	
	{2 x 150 on 1:50 Backstroke	EN2	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
8:30 PM 7,125 Yards - Stress Value = 110				

Workout #1622 - Wednesday, 05 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:00 PM Start			
800	1 on 30:00 Stomach and Stretch	REC	L
1,050	3x{1 x 200 on 3:30 Reverse IM drill	EN1	S
	{3 x 50 on :45 Freestyle-descend	EN1	S
300	12 x 25 on :30 Berzerks	SP3	S
1,050	1x{4 x 75 on 1:30 Kick	EN2	K
	{2 x 25 on :45 Kick-under water fly	EN2	K
	{4 x 75 on 1:25 Kick	EN2	K
	{2 x 25 on :45 Kick-under water fly	EN2	K
	{4 x 75 on 1:20 Kick	EN2	K
	{2 x 25 on :45 Kick-under water fly	EN2	K
2,000	1x{1 x 1000 on 12:30 Pulls	EN1	P
	{2 x 500 on 7:00 Pulls	EN1	P
300	12 x 25 on :30 IM order-build	EN1	S
2,100	6x{3 x 50 on :45 Breaststroke	EN2	S
	{1 x 50 on :40 Freestyle	EN2	S
	{3 x 50 on :45 Breaststroke	EN2	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
8:30 PM 7,050 Yards - Stress Value = 102			

Workout #1621 - Wednesday, 05 December 2001

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM Start			
800	1 on 30:00 Dryland and stretch	REC	L
	16 x 50 on 1:00 Stroke Drills	REC	D
180	odds free evns brst		
1,000	1x{1 x 200 on 4:00 Kick	SP3	S
	{1 x 50 on 1:00 Kick	EN2	K
	{1 x 200 on 3:50 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
	{1 x 200 on 3:40 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
	{1 x 200 on 3:30 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
1,200	8x{1 x 50 on 2:15 Pulls	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
	1 on 10:00 Techniques-starts		D
1,200	4x{1 x 250 on 5:00 Breast w/ fly kick	EN1	D
	{1 x 50 on 1:00 Breaststroke 90%	EN2	S
400	16 x 25 on :40 Stroke Drills	REC	D
5:31 PM 4,780 Yards - Stress Value = 53			

Workout #1614 - Tuesday, 04 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM Start				
400	1 on 25:00 Weights		L	DF
300	1 x 400 on 7:00 Reverse IM drill	REC	D	I
	12 x 25 on :30 Berzerks	SP3	S	FI
	1x{1 x 200 on 2:50 Pulls	EN1	P	F
	{2 x 100 on 1:25 Pulls	EN1	P	F
	{1 x 200 on 2:40 Pulls	EN1	P	F
	{2 x 100 on 1:20 Pulls	EN1	P	F
	{1 x 200 on 2:30 Pulls	EN1	P	F
	{2 x 100 on 1:15 Pulls	EN1	P	F
	6x{6 x 50 on :35 Freestyle	EN1	S	F
	{1 on 1:00 Rest		M	
300	1 x 300 on 5:00 Stroke Drills	REC	D	C
7:00 AM 4,000 Yards - Stress Value = 42				

Workout #1615 - Tuesday, 04 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:45 PM Start			
800	1 on 30:00 Stomach and Stretch		
300	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	12 x 25 on :30 Berzerks	SP3	
	3x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	1x{3 x 150 on 2:15 Pulls no br L.15 yds	EN1	
	{3 x 150 on 2:15 Pulls no br L.20 yds	EN1	
	5x{1 x 100 on 1:30 Individual Medley	EN1	
	{4 x 50 on :45 Freestyle	EN1	
100	4 x 25 on 1:00 Choice OTB walkbacks	EN1	
	1 on 5:00 Techniques-relay srt		
5:40 PM 4,200 Yards - Stress Value = 48			

Workout #1617 - Wednesday, 05 December 2001

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Dryland and stretch		L
800	16 x 50 on 1:00 Stroke Drills odds free evns nonfr	REC	D
800	1x{1 x 200 on 3:00 1st 50 fast	EN1	S
	{1 x 200 on 3:00 1st 100 fast	EN1	S
	{1 x 200 on 3:00 1st 150 fast	EN2	S
	{1 x 200 on 3:00 All fast	EN3	S
	1 on 10:00 Techniques-Auburn		D
750	1x{3 x 75 on 1:30 Kick	EN2	K
	{4 x 75 on 1:25 Kick	EN2	K
	{3 x 75 on 1:20 Kick	EN2	K
2,400	1x{2 x 400 on 5:30 Pulls with paddles	EN1	P
	{2 x 400 on 5:20 Pulls with paddles	EN1	P
	{2 x 400 on 5:10 Pulls	EN1	P
200	1 x 200 on 3:00 Free build each 50	EN1	S
1,500	1x{4 x 125 on 2:00 Freestyle	EN1	S
	{4 x 125 on 1:55 Freestyle	EN1	S
	{4 x 125 on 1:50 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	5:30 PM 6,650 Yards - Stress Value = 75		

Workout #1619 - Wednesday, 05 December 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Dryland and stretch		I
800	16 x 50 on 1:00 Stroke Drills 6-8 should be your#1	REC	I
	1 on 10:00 Techniques-tunrs		I
1,200	12 x 100 on 1:45 Kick with flippers	EN2	F
	1x{2 x 300 on 4:30 Pulls-nbbf&w	EN1	F
	{2 x 300 on 4:25 Pulls-nbbf&w	EN1	F
	{2 x 300 on 4:20 Pulls-nbbf&w	EN1	F
400	16 x 25 on :30 IM order-build	EN1	S
	1x{4 x 150 on 3:00 100 drill 50 stroke	EN1	I
	{1 x 100 on 1:45 Individual Medley	EN1	S
	{3 x 150 on 2:50 100 drill 50 stroke	EN1	I
	{1 x 100 on 1:45 Individual Medley	EN1	S
	{2 x 150 on 2:40 100 drill 50 stroke	EN1	S
200	1 x 200 on 3:00 Six kick switch	REC	I
	5:30 PM 5,950 Yards - Stress Value = 61		

Workout #1618 - Wednesday, 05 December 2001

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stomach and Stretch		L	DRY
400	8 x 50 on 2:00 Stroke Drills	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	FR
	1 on 10:00 Techniques-starts		D	
1,000	4x{1 x 50 on 1:30 Kick	EN2	K	CHO
	{1 x 50 on 1:25 Kick	EN2	K	CHO
	{1 x 50 on 1:20 Kick	EN2	K	CHO
	{1 x 50 on 1:10 Kick	EN2	K	CHO
	{1 x 50 on 1:15 Kick	EN2	K	CHO
	1 on :50 Rest		M	
1,200	1x{3 x 100 on 3:00 Pulls-nbbf&w	EN1	P	FR
	{3 x 100 on 2:50 Pulls-nbbf&w	EN1	P	FR
	{3 x 100 on 2:40 Pulls-nbbf&w	EN1	P	FR
	{3 x 100 on 2:30 Pulls-nbbf&w	EN1	P	FR

800 4x{1 x 150 on 4:00 Freestyle EN1 S FR
 {1 x 50 on 1:00 Stroke EN1 S STK
 200 1 x 200 on :00 Stroke Drills REC D CD
 5:27 PM 3,780 Yards - Stress Value = 47

Workout #1620 - Wednesday, 05 December 2001

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Dryland and stretch		I
800	16 x 50 on 1:00 Stroke Drills last 12yds sprint	REC	I
	1 on 10:00 Techniques-relay srt		I
1,600	8x{2 x 50 on 1:00 Kick with flippers	EN2	F
	{2 x 50 on 1:00 Kick w/flprs udnr wt	EN2	F
	{ no fly kick		
1,350	6x{1 x 100 on 1:30 Pulls	EN1	F
	{1 x 75 on 1:05 Pulls	EN1	F
	{1 x 50 on :45 Pulls	EN1	F
	{ no brth L.25 of each		
2,000	1x{4 x 125 on 2:00 Freestyle	EN1	S
	{4 x 125 on 1:55 Freestyle	EN1	S
	{4 x 125 on 1:50 Freestyle	EN1	S
	{4 x 125 on 1:45 Freestyle	EN1	S
400	8 x 50 on 1:00 Stroke Drills	REC	I
	5:30 PM 6,150 Yards - Stress Value = 65		

Workout #1624 - Thursday, 06 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
900	12 x 75 on 1:30 25dr 25ki 25sw 3on E	REC	
300	12 x 25 on :30 Berzerks		SP3
	1x{1 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{4 x 100 on 1:45 Kick	EN2	
	1x{2 x 300 on 4:00 Pulls	EN1	
	{2 x 300 on 3:50 Pulls	EN1	
	{2 x 300 on 3:40 Pulls	EN1	
400	1 x 400 on 7:00 Individual Medley	EN1	
	1x{8 x 50 on :45 Butterfly	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
	{7 x 50 on :50 Butterfly	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
	{6 x 50 on :55 Butterfly	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
	{5 x 50 on 1:00 Butterfly	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
600	24 x 25 on :30 IM order 12-24drill	EN1	
	8:30 PM 6,700 Yards - Stress Value = 93		

Workout #1625 - Thursday, 06 December 2001

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:30 PM Start				
600	1 on 15:00 Stomach and Stretch		L I	
	12 x 50 on 1:15 Stroke Drills	REC	D C	
	1 on 15:00 Techniques-relay str		S	
	3x{1 x 100 on 2:00 Individual Medley	EN1	S	
	{1 x 50 on :50 Freestyle	EN1	S	
	{1 x 50 on :45 Freestyle	EN1	S	
	{1 x 50 on :40 Freestyle	EN1	S	
	{1 on :45 Rest		M	
	1 on 25:00 KILLER RELAYS!!		S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
8:00 PM 1,550 Yards - Stress Value = 9				

180	12 x 15 on :30 Shooters			SP3
900	1x{3 x 100 on 2:00 Kick			EN2
	{3 x 100 on 1:55 Kick			EN2
	{3 x 100 on 1:50 Kick			EN2
900	1x{4 x 50 on 1:15 Pulls with paddles			EN1
	{4 x 75 on 1:45 Pulls with paddles			EN1
	{4 x 100 on 2:10 Pulls with paddles			EN1
400	4 x 100 on 1:45 Individual Medley			EN1
1,050	1x{2 x 100 on 2:00 Butterfly			EN1
	{3 x 50 on 1:00 Breaststroke-descend			EN2
	{2 x 100 on 2:00 Butterfly			EN2
	{3 x 50 on :55 Breaststroke-descend			EN2
	{2 x 100 on 2:00 Butterfly			EN1
	{3 x 50 on :50 Breaststroke-descend			EN2
	1 on 15:00 Run the gauntlet			
4:57 PM 4,030 Yards - Stress Value = 55				

Workout #1623 - Thursday, 06 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
11:00 AM Start				
	1 on 35:00 Stomach and Stretch		I	
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	S	
180	12 x 15 on :30 Shooters	SP3	S	
	3x{3 x 100 on 2:00 Kick	EN2	F	
	{1 x 100 on 1:30 Kick	EN2	F	
	1x{4 x 100 on 1:30 Pulls	EN1	F	
	{8 x 50 on :45 Pulls	EN1	F	
	{2 x 200 on 3:00 Pulls	EN1	F	
	{1 x 400 on 6:00 Pulls	EN1	F	
400	4 x 100 on 1:45 Individual Medley	EN1	S	
	1x{8 x 75 on 1:10 Freestyle	EN1	S	
	{8 x 75 on 1:05 Freestyle	EN1	S	
	{8 x 75 on 1:00 Freestyle	EN1	S	
450	9 x 50 on 1:00 Stroke Drills	REC	I	
1:30 PM 6,430 Yards - Stress Value = 69				

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 15:00 Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters		SP3
500	1x{2 x 100 on 2:00 Kick		EN2
	{2 x 100 on 1:50 Kick		EN2
	{1 x 100 on 1:40 Kick		EN2
1,000	1 x 1000 on 14:00 Pulls		EN1
900	1x{3 x 100 on 1:45 Freestyle-descend		EN1
	{3 x 100 on 1:35 Freestyle-descend		EN1
	{3 x 100 on 1:25 Freestyle-descend		EN1
2,100	1x{2 x 250 on 3:45 Freestyle		EN1
	{1 x 200 on 2:20 Freestyle		EN2
	{2 x 250 on 3:45 Freestyle		EN1
	{1 x 200 on 2:15 Freestyle		EN2
	{2 x 250 on 3:45 Freestyle		EN1
	{1 x 200 on 2:10 Freestyle		EN2
	1 on 15:00 Run the gauntlet		
4:59 PM 5,280 Yards - Stress Value = 63			

Workout #1631 - Friday, 07 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
6:00 PM Start				
	1 on 30:00 Stomach and Stretch		L I	
800	2 x 400 on 7:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S C	
	2x{5 x 75 on 1:15 Kick	EN2	K C	
	{1 x 125 on 3:00 Kick	EN2	K C	
	1x{4 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{4 x 50 on :55 Pulls-nbbf&w	EN1	P	
	{4 x 50 on :50 Pulls-nbbf&w	EN1	P	
	{4 x 50 on :45 Pulls-nbbf&w	EN1	P	
200	1 x 200 on 3:00 Individual Medley	EN1	S	
	1 on 25:00 Killer Relays		S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
8:00 PM 3,180 Yards - Stress Value = 37				

Workout #1626 - Friday, 07 December 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 15:00 Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters		SP3
1,350	2x{3 x 75 on 1:30 Kick with flippers		EN2
	{3 x 75 on 1:25 Kick with flippers		EN2
	{3 x 75 on 1:20 Kick with flippers		EN2
	{ middle 25 under watr		
675	1x{3 x 75 on 1:15 Pulls-nbbf&w		EN1
	{3 x 75 on 1:10 Pulls-nbbf&w		EN1
	{3 x 75 on 1:05 Pulls-nbbf&w		EN1
400	4 x 100 on 1:45 Individual Medley		EN1
1,350	1x{3 x 100 on 1:30 Freestyle		EN1
	{3 x 50 on 1:00 Your Stroke-descend		EN2
	{3 x 100 on 1:30 Freestyle		EN1
	{3 x 50 on :55 Your Stroke-descend		EN2
	{3 x 100 on 1:30 Freestyle		EN1
	{3 x 50 on :50 Your Stroke-descend		EN2
	1 on 15:00 Run the gauntlet		
4:56 PM 4,555 Yards - Stress Value = 62			

Workout #1627 - Friday, 07 December 2001

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 15:00 Stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	

Workout #1630 - Friday, 07 December 2001

HighSchl - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
6x{2 x 100 on 1:30 Pulls		EN1	
{2 x 50 on 1:00 Pulls-no brth 1st 25		EN1	
1x{1 x 150 on 2:15 Freestyle		EN1	
{1 x 150 on 2:10 Freestyle		EN1	
{1 x 150 on 2:05 Freestyle		EN1	
{1 x 150 on 2:10 Freestyle		EN1	
{1 x 150 on 2:05 Freestyle		EN1	
{1 x 150 on 2:00 Freestyle		EN2	
{1 x 150 on 2:05 Freestyle		EN1	
{1 x 150 on 2:00 Freestyle		EN2	
{1 x 150 on 1:55 Freestyle		EN2	
{1 x 150 on 2:00 Freestyle		EN2	
{1 x 150 on 1:55 Freestyle		EN2	
{1 x 150 on 1:50 Freestyle		EN2	
{1 x 150 on 1:55 Freestyle		EN2	
{1 x 150 on 1:50 Freestyle		EN2	
{1 x 150 on 1:45 Freestyle		EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
7:00 PM 5,350 Yards - Stress Value = 69			

Workout #1634 - Saturday, 08 December 2001

Group 2 - All

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WC
600	1 on 30:00 Stomach and Stretch		
180	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
500	12 x 15 on :30 Shooters	SP3	
5x{1 x 100 on 2:15 Kick		EN1	
{2 x 25 on 1:00 Under water fly kick		EN2	
1x{4 x 100 on 1:45 Pulls		EN1	
{3 x 100 on 1:40 Pulls		EN1	
{2 x 100 on 1:35 Pulls		EN1	
{1 x 100 on 1:30 Pulls		EN1	
300	12 x 25 on :30 IM order-build	EN1	
1,000	10 x 100 on 2:00 Challenge Set!!!!!!!	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
1:32 PM 4,530 Yards - Stress Value = 60			

Workout #1632 - Saturday, 08 December 2001

HighSchl - All

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WC
300	1 on 40:00 Weights and Stretch		
2x{1 x 200 on 3:30 Reverse IM drill		REC	
{1 x 200 on 3:30 Swim-kick-pull-swim		REC	
300	12 x 25 on :30 Berzerks	SP3	
4x{2 x 100 on 2:00 Kick		EN2	
{3 x 25 on :45 Sprint kick		EN3	
1x{2 x 400 on 5:30 Pulls		EN1	
{2 x 400 on 5:15 Pulls		EN1	
2,200	11 x 200 on 3:00 Challenge set!!!!!!!	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
9:00 AM 6,300 Yards - Stress Value = 106			

Workout #1639 - Monday, 10 December 2001

Group 3 - All

1 minute rest between sets

6:00 PM Start

Yards	Set Description	EGY	WOF
800	1 on 30:00 Stomach and Stretch		
300	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
3,000	12 x 25 on :30 Berzerks	SP3	
1x{4 x 400 on 5:05 Freestyle		EN2	
{3 x 300 on 3:45 Freestyle		EN2	
{2 x 200 on 2:25 Freestyle		EN2	
{1 x 100 on 1:10 Freestyle		EN2	
1,200	1x{4 x 75 on 1:30 Kick	EN2	
{4 x 75 on 1:25 Kick		EN2	
{4 x 75 on 1:20 Kick		EN2	
{4 x 75 on 1:15 Kick		EN2	
1,200	1x{6 x 50 on 1:00 Pulls-nbbf&w	EN1	
{6 x 50 on :55 Pulls-nbbf&w		EN1	
{6 x 50 on :50 Pulls-nbbf&w		EN1	
{6 x 50 on :45 Pulls-nbbf&w		EN1	
{ hold all under :35			
500	5 x 100 on 1:45 Stroke Drills	REC	
8:26 PM 7,000 Yards - Stress Value = 108			

Workout #1633 - Saturday, 08 December 2001

Group 3 - All

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WC
2x{1 x 200 on 3:30 Reverse IM drill		REC	
{1 x 200 on 3:30 Swim-kick-pull-swim		REC	
300	12 x 25 on :30 Berzerks	SP3	
4x{2 x 100 on 2:00 Kick		EN2	
{3 x 25 on :45 Sprint kick		EN3	
1x{2 x 400 on 5:30 Pulls		EN1	
{2 x 400 on 5:15 Pulls		EN1	
400	8 x 50 on 1:00 3 on each stroke	EN1	
2,200	11 x 200 on 3:00 Challenge set!!!!!!!	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
1:29 PM 6,700 Yards - Stress Value = 110			

Workout #1636 - Monday, 10 December 2001

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 30:00 Dryland and stretch		
600	1 x 600 on 15:00 Swim-kick-drill-swim	REC	
325	13 x 25 on :30 Berzerks	SP3	
800	1 x 800 on 16:00 Vertical Kicking	EN2	
1,200	1x{1 x 400 on 9:00 Pulls	EN1	
	{2 x 200 on 4:30 Pulls	EN1	
	{4 x 100 on 2:15 Pulls	EN1	
300	12 x 25 on :30 Freestyle-build	EN1	
1,500	1x{3 x 150 on 4:00 Breaststroke	EN3	
	{2 x 150 on 3:50 Breaststroke	EN3	
	{1 x 150 on 3:40 Breaststroke	EN3	
	{3 x 100 on 2:25 Breaststroke	EN3	
	{2 x 100 on 2:20 Breaststroke	EN3	
	{1 x 100 on 2:15 Breaststroke	EN3	
250	5 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 4,975 Yards - Stress Value = 134		

Workout #1637 - Monday, 10 December 2001

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Stomach and Stretch		L
1,000	1 x 1000 on 15:00 Choice	REC	S
600	3x{1 x 50 on :45 Free 1st 12 yds fast	SP3	S
	{1 x 50 on :45 Free 2nd 12 yds fast	REC	S
	{1 x 50 on :45 Free 3rd 12 yds fast	REC	S
	{1 x 50 on :45 Free 4th 12 yds fast	REC	S
5,500	1x{5 x 500 on 6:30 Freestyle	EN2	S
	{4 x 400 on 5:05 Freestyle	EN2	S
	{3 x 300 on 3:45 Freestyle	EN2	S
	{2 x 200 on 2:25 Freestyle	EN2	S
	{1 x 100 on 1:10 Freestyle	EN2	S
900	1x{6 x 50 on 1:00 Pulls-nbbf&w	EN1	P
	{6 x 50 on :55 Pulls-nbbf&w	EN1	P
	{6 x 50 on :50 Pulls-nbbf&w	EN1	P
	{ w/ paddles hold all		
	{ under :35		
250	1 x 250 on 4:00 Stroke Drills	REC	D
	5:30 PM 8,250 Yards - Stress Value = 125		

Workout #1638 - Monday, 10 December 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 Dryland and stretch		I
800	1 x 800 on 15:00 Reverse IM drill	REC	I
300	12 x 25 on :30 Berzerks	SP3	S
1,200	12 x 100 on 2:00 Kick w/out board	EN2	F
	1st 15m under all		
	turns strmln pastflg		
1,000	1x{6 x 50 on 1:00 Pulls-nbbf&w	EN1	F
	{5 x 50 on :55 Pulls br ev 5	EN1	F
	{4 x 50 on :50 Pulls br ev 7	EN1	F
	{3 x 50 on :45 Pulls br ev 9	EN1	F
	{2 x 50 on :40 Pulls br ev 11	EN1	F
200	1 x 200 on 4:00 Individual Medley	EN1	S
1,500	1x{5 x 100 on 2:30 Your Stroke w/ fins	EN3	S
	{4 x 100 on 2:35 Your Stroke w/ fins	EN3	S
	{3 x 100 on 2:40 Your Stroke w/ fins	EN3	S
	{2 x 100 on 2:45 Your Stroke w/ fins	EN3	S

	{1 x 100 on 2:50 Your Stroke w/fins	EN3	S
350	7 x 50 on 1:00 Stroke Drills	REC	I
	5:30 PM 5,350 Yards - Stress Value = 138		

Workout #1635 - Monday, 10 December 2001

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
750	15 x 50 on 1:00 Stroke Drills	REC	
	last 12 yards fast		
180	12 x 15 on :30 Shooters	SP3	
1,500	3x{1 x 200 on 3:00 Kick with flippers	EN2	
	{1 x 150 on 2:15 Kick with flippers	EN2	
	{1 x 100 on 1:30 Kick with flippers	EN2	
	{1 x 50 on :45 Kick with flippers	EN2	
1,000	1x{4 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{2 x 100 on 1:20 Lungbuster pulls	EN1	
	{1 x 100 on 1:15 Lungbuster pulls	EN1	
250	10 x 25 on :30 Freestyle-build	EN1	
1,875	1x{5 x 125 on 2:30 W/paddles & zoomers	EN3	
	{4 x 125 on 2:35 W/paddles & zoomers	EN3	
	{3 x 125 on 2:40 W/paddles & zoomers	EN3	
	{2 x 125 on 2:45 W/ paddles & zoomers	EN3	
	{1 x 125 on 2:45 W/ paddles & zoomers	EN3	
500	10 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 6,055 Yards - Stress Value = 162		

Workout #1640 - Tuesday, 11 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{6 x 50 on 1:00 Kick des in 3's	EN2	
	{6 x 75 on 1:30 Kick des in 3's	EN2	
	{6 x 100 on 2:00 Kick des in 3's	EN2	
	1x{2 x 25 on :45 Backstroke 15m under	EN1	
	{3 x 100 on 1:35 Backstroke	EN1	
	{2 x 25 on :40 Backstroke 15m under	EN1	
	{3 x 100 on 1:30 Backstroke	EN1	
	{2 x 25 on :35 Backstroke 15m under	EN1	
	{3 x 100 on 1:25 Backstroke	EN1	
	{2 x 25 on :30 Backstroke 15m under	EN1	
	{3 x 100 on 1:20 Backstroke	EN2	
	{2 x 25 on :25 Backstroke 15m under	EN1	
	{3 x 100 on 1:15 Backstroke	EN2	
	{2 x 25 on :20 Backstroke 15m under	EN2	
1,500	15 x 100 on 1:30 Lungbuster pulls	EN1	
	breathe 3-9-3-9		
400	16 x 25 on :40 Stroke Drills	REC	
	8:26 PM 6,150 Yards - Stress Value = 76		

Workout #1642 - Wednesday, 12 December 2001

HighSchl - Breast

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,050	1x{2 x 200 on 4:00 Kick	EN2	
	{2 x 175 on 3:30 Kick	EN2	
	{2 x 150 on 3:00 Kick	EN2	
1,400	1x{4 x 50 on 1:30 Pulls with paddles	EN1	
	{4 x 50 on 1:25 Pulls with paddles	EN1	
	{4 x 50 on 1:20 Pulls with paddles	EN1	
	{4 x 50 on 1:15 Pulls with paddles	EN1	
	{4 x 50 on 1:10 Pulls with paddles	EN1	
	{4 x 50 on 1:05 Pulls with paddles	EN1	
	{4 x 50 on 1:00 Pulls with paddles	EN1	
300	3 x 100 on 1:30 Freestyle	EN1	
1,350	1x{6 x 75 on 1:30 50 breast 25 free	EN1	
	{6 x 75 on 1:20 50 breast 25 free	EN1	
	{6 x 75 on 1:10 50 breast 25 free	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
5:30 PM 5,480 Yards - Stress Value = 62			

Workout #1641 - Wednesday, 12 December 2001

HighSchl - All

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WORK S
	1 on 30:00 Stomach and Stretch		L I
600	1 x 600 on 15:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
800	8 x 100 on 2:45 Kick odds fast	EN2	K C
	1x{2 x 150 on 3:30 Pulls	EN1	P
	{2 x 150 on 3:15 Pulls	EN1	P
	{2 x 150 on 3:00 Pulls	EN1	P
200	8 x 25 on :45 IM order	EN1	S
	1x{6 x 50 on 1:30 Backstroke	EN1	S
	{6 x 50 on 1:25 Backstroke	EN1	S
	{6 x 50 on 1:20 Backstroke	EN1	S
	{6 x 50 on 1:15 Backstroke	EN1	S
	{6 x 50 on 1:10 Backstroke2	EN1	S
200	1 x 200 on 5:00 Stroke Drills	REC	D
5:30 PM 4,380 Yards - Stress Value = 49			

Workout #1644 - Wednesday, 12 December 2001

HighSchl - Sprint

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WORK S
	1 on 30:00 Stomach and Stretch		L I
975	13 x 75 on 1:20 50 drill 25 fast	REC	I
200	10 x 20 on 1:00 Run/dives in well	SP3	S
900	1x{8 x 25 on :40 Sprint kick	EN2	F
	{6 x 25 on :35 Sprint kick	EN2	F
	{4 x 25 on :30 Sprint kick	EN2	F
	{4 x 50 on 1:00 Kick	EN2	F
	{3 x 50 on :55 Kick	EN2	F
	{2 x 50 on :50 Kick	EN2	F
1,200	1x{4 x 75 on 1:10 Pulls no br L.10 yds	EN1	F
	{4 x 75 on 1:10 Pulls no br L.15 yds	EN1	F
	{4 x 75 on 1:10 Pulls no br L.20 yds	EN1	F
	{4 x 75 on 1:10 Pulls no br L.25 yds	EN1	F
400	1 x 400 on 6:00 Every 3rd 25 100%	EN1	S
1,800	2x{8 x 50 on :45 Freestyle	EN1	S
	{6 x 50 on :40 Freestyle	EN2	S
	{4 x 50 on :35 Freestyle	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	I
	1 on 10:00 Techniques-starts		I
5:29 PM 5,725 Yards - Stress Value = 70			

Workout #1645 - Wednesday, 12 December 2001

HighSchl - Distance

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WORK S
	1 on 30:00 Dryland and stretch		L I
1,000	10 x 100 on 1:45 Stroke Drills	REC	D
300	12 x 25 on :30 Berzerks	SP3	S
500	1x{2 x 125 on 2:30 Kick	EN2	K C
	{2 x 125 on 2:25 Kick	EN2	K C
2,400	1x{2 x 600 on 9:00 Pulls	EN1	P
	{2 x 600 on 8:30 Pulls	EN1	P
450	3 x 150 on 2:15 Freestyle-descend	EN1	S
2,000	1x{3 x 200 on 2:50 Freestyle	EN1	S
	{3 x 200 on 2:45 Freestyle	EN1	S
	{2 x 200 on 2:40 Freestyle	EN2	S
	{2 x 200 on 2:35 Freestyle	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
5:30 PM 7,150 Yards - Stress Value = 78			

Workout #1643 - Wednesday, 12 December 2001

HighSchl - Fly & Back

1 minute rest between sets

3:00 PM Start			
Yards	Set Description	EGY	WOF
	1 on 30:00 Dryland and stretch		
800	16 x 50 on 1:00 odds back evens fly	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{3 x 100 on 1:45 Kick with flippers	EN2	
	{3 x 100 on 1:40 Kick with flippers	EN2	
	{3 x 100 on 1:35 Kick with flippers	EN2	
	{3 x 100 on 1:30 Kick with flippers	EN2	
1,200	1x{4 x 75 on 1:10 Pulls no br L.10 yds	EN1	
	{4 x 75 on 1:10 Pulls no br L.15 yds	EN1	
	{4 x 75 on 1:10 Pulls no br L.20 yds	EN1	
	{4 x 75 on 1:10 Pulls no br L.25 yds	EN1	
400	1 x 400 on 7:00 Reverse IM drill	REC	
2,300	4x{3 x 150 on 2:30 50 free 100strk 50fr	EN1	
	{5 x 25 on :30 odds stroke evens fr	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
5:30 PM 6,380 Yards - Stress Value = 66			

Workout #1648 - Thursday, 13 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-starts		
300	12 x 25 on :30 Berzerks	SP3	
	1x{3 x 150 on 2:15 Kick with flippers	EN2	
	{3 x 125 on 1:50 Kick with flippers	EN2	
	{3 x 100 on 1:25 Kick with flippers	EN2	
	{3 x 75 on 1:00 Kick with flippers	EN2	
1,600	4 x 400 on 5:00 Pulls-nbbf&w	EN1	
	1x{3 x 50 on :50 Freestyle-descend	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{3 x 50 on :40 Freestyle-descend	EN2	
	2x{3 x 100 on 1:30 Butterfly w/ zoomers	EN1	
	{3 x 75 on 1:05 Butterfly w/ zoomers	EN1	
	{3 x 50 on :45 Butterfly w/ zoomers	EN1	
	{3 x 25 on :30 Butterfly w/ zoomers	EN1	
	{1 on :40 Rest		
100	1 x 100 on 2:00 Freestyle	REC	
200	1 x 200 on 4:00 Butterfly for time	SP1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:30 PM 6,500 Yards - Stress Value = 93		

Workout #1646 - Thursday, 13 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 25:00 Weights			L I
1,000	1 x 1000 on 16:00 Stroke Drills	REC		D C
300	12 x 25 on :30 Berzerks	SP3		S
	1x{2 x 125 on 2:00 Pulls	EN1		P
	{2 x 125 on 1:55 Pulls	EN1		P
	{2 x 125 on 1:50 Pulls	EN1		P
	{2 x 125 on 1:45 Pulls	EN1		P
	{2 x 125 on 1:40 Pulls	EN1		P
	1x{3 x 100 on 1:45 Individual Medley	EN1		S
	{3 x 50 on :45 Freestyle	EN1		S
	{2 x 100 on 1:40 Individual Medley	EN1		S
	{4 x 50 on :45 Freestyle	EN1		S
	{1 x 100 on 1:35 Individual Medley	EN1		S
	{5 x 50 on :45 Freestyle	EN1		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
	7:04 AM 4,000 Yards - Stress Value = 34			

Workout #1647 - Thursday, 13 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{ odds fast		
	1x{3 x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
	{3 x 150 on 2:15 Pulls mid 50 br ev 8	EN1	
	{3 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
300	12 x 25 on :30 IM order-build	EN1	

	1x{1 x 200 on 3:00 Freestyle	EN1
	{1 x 200 on 3:30 Butterfly	EN1
	{1 x 200 on 3:00 Freestyle	EN1
	{1 x 200 on 3:15 Backstroke	EN1
	{1 x 200 on 4:00 Breaststroke	EN1
	{1 x 200 on 3:00 Freestyle	EN1
	{1 x 200 on 3:45 Individual Medley	EN1
	{1 x 200 on 3:00 Freestyle	EN1
	1x{4 x 25 on :30 Freestyle	EN1
	{4 x 25 on :25 Freestyle	EN1
	{4 x 25 on :20 Freestyle	EN2
	{4 x 25 on :15 Freestyle	EN2
500	5 x 100 on 2:00 Stroke Drills	REC
	5:29 PM 6,130 Yards - Stress Value = 64	

Workout #1651 - Friday, 14 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
	1 on 30:00 Stomach and Stretch			L DF
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC		S F
180	12 x 15 on :30 Shooters	SP3		S F
	1 on 10:00 Techniques-Tn turn			D F
600	6 x 100 on 2:00 Kick	EN2		K CF
	1 on 10:00 Techniques-finishes			D I
600	6 x 100 on 1:30 Lungbuster pulls	EN1		P F
	1 on 10:00 Techniques-starts			D
240	8 x 30 on 1:00 Freestyle-OTB	SP3		S F
250	1 x 250 on 5:00 Stroke Drills	REC		D C
	8:01 PM 2,670 Yards - Stress Value = 35			

Workout #1650 - Friday, 14 December 2001

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Dryland and stretch			L DRY
600	1 x 600 on 15:00 Sculling drills	REC		D CMB
800	1 x 800 on 16:00 Vertical Kicking	EN2		K CMB
	1 on 10:00 Explanation of game			D
300	12 x 25 on 1:00 Freestyle			S
500	1 x 500 on 25:00 Rabbit game	SP3		S FR
200	1 x 200 on 4:00 Stroke Drills	REC		D CD
	4:56 PM 2,400 Yards - Stress Value = 36			

Workout #1649 - Friday, 14 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Stomach and Stretch			
600	1 x 600 on 12:00 Reverse IM drill	REC		D
180	12 x 15 on :30 Shooters	SP3		S C
	1x{2 x 500 on 7:30 Pulls	EN1		P
	{2 x 400 on 6:00 Freestyle	EN1		P
	{2 x 300 on 4:30 Pulls	EN1		P
	{2 x 200 on 3:00 Freestyle	EN1		S
	{2 x 100 on 1:30 Pulls	EN1		P
	1x{12 x 25 on :30 Butterfly	EN1		S
	{12 x 25 on :30 Backstroke	EN1		S
	{12 x 25 on :30 Breaststroke	EN1		S
	{12 x 25 on :30 Freestyle	EN1		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	7:04 AM 5,180 Yards - Stress Value = 49			

Workout #1652 - Saturday, 15 December 2001

1 minute rest between sets

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM Start			
800	1 on 40:00 Weights and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
1x{3	3 x 50 on 1:05 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
600	8 x 75 on 1:10 Pulls br 3-5-7	EN1	
300	1 x 300 on 4:30 Free build each 50	EN1	
600	6 x 100 on 6:00 Super Six!!!!!!!	SP1	
1,000	10 x 100 on 1:45 Stroke Drills	REC	
9:28 AM 4,200 Yards - Stress Value = 81			

Yards	Set Description	EGY	WOF
5:30 AM Start			
600	1 x 600 on 11:00 Swim-kick-drll-swim	REC	
	no board for kick		
	1x{6 x 125 on 2:00 Pulls	EN1	
	{6 x 125 on 1:50 Pulls	EN1	
	1x{1 x 300 on 4:30 Freestyle	EN1	
	{1 x 300 on 4:25 Freestyle	EN1	
	{1 x 300 on 4:20 Freestyle	EN1	
	{1 x 300 on 4:15 Freestyle	EN1	
	{1 x 300 on 4:10 Freestyle	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
	{1 x 200 on 2:55 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{1 x 200 on 2:45 Freestyle	EN1	
	{1 x 200 on 2:40 Freestyle	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
7:00 AM 5,600 Yards - Stress Value = 48			

Workout #1656 - Monday, 17 December 2001

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM Start			
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,200	1x{3 x 200 on 4:00 Kick	EN2	
	{2 x 200 on 3:50 Kick	EN2	
	{1 x 200 on 3:40 Kick	EN2	
900	1x{4 x 75 on 1:40 Pulls	EN1	
	{4 x 75 on 1:35 Pulls	EN1	
	{4 x 75 on 1:30 Pulls	EN1	
1,850	1x{3 x 150 on 2:45 50 fly 100 breast	EN1	
	{3 x 150 on 2:45 50 back 100 breast	EN1	
	{3 x 150 on 2:45 50 free 100 breast	EN1	
	{4 x 125 on 2:00 IM w/ 50 breast	EN1	
500	10x{1 x 25 on :30 Breaststroke	EN1	
	{1 x 25 on :30 #2 stroke	EN1	
300	1 x 300 on 4:30 Stroke Drills	REC	
5:28 PM 5,850 Yards - Stress Value = 66			

Workout #1657 - Monday, 17 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
6:00 PM Start				
	1 on 30:00 Stomach and Stretch			L DRY
800	8 x 100 on 2:00 Stroke Drills	REC		D CHC
600	3x{1 x 50 on :50 Free 1st 12y fast	SP3		S FF
	{1 x 50 on :50 Free 2nd 12y fast	REC		S FF
	{1 x 50 on :50 Free 3rd 12y fast	REC		S FF
	{1 x 50 on :50 Free 4th 12y fast	REC		S FF
2,500	1x{1 x 500 on 6:30 Freestyle	EN2		S FF
	{1 x 500 on 6:15 Freestyle	EN2		S FF
	{1 x 500 on 6:00 Freestyle	EN2		S FF
	{1 x 500 on 5:45 Freestyle	EN2		S FF
	{1 x 500 on 5:30 Freestyle	EN2		S FF
1,250	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1		P FF
	{5 x 50 on :55 Pulls-nbbf&w	EN1		P FF
	{5 x 50 on :50 Pulls-nbbf&w	EN1		P FF
	{5 x 50 on :45 Pulls-nbbf&w	EN1		P FF
	{5 x 50 on :40 Pulls-nbbf&w	EN1		P FF
1,200	12 x 100 on 2:00 Kick odds fast	EN2		K CHC
400	1x{4 x 25 on :30 Freestyle	EN1		S FF
	{4 x 25 on :25 Freestyle	EN1		S FF
	{4 x 25 on :20 Freestyle	EN2		S FF
	{4 x 25 on :15 Freestyle	EN2		S FF
300	1 x 300 on 6:00 Stroke Drills	REC		S CI
8:29 PM 7,050 Yards - Stress Value = 96				

Workout #1655 - Monday, 17 December 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM Start			
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,350	1x{4 x 150 on 2:30 Kick with flippers	EN2	
	{3 x 150 on 2:25 Kick with flippers	EN2	
	{2 x 150 on 2:20 Kick with flippers	EN2	
1,350	1x{6 x 75 on 1:10 Pulls	EN1	
	{6 x 75 on 1:05 Pulls	EN1	
	{6 x 75 on 1:00 Pulls	EN1	
2,000	1x{5 x 100 on 1:45 Individual Medley	EN1	
	{5 x 100 on 1:40 Individual Medley	EN1	
	{5 x 100 on 1:35 Individual Medley	EN1	
	{5 x 100 on 1:30 Individual Medley	EN1	
500	10x{1 x 25 on :30 Your Stroke	EN1	
	{1 x 25 on :30 #2 stroke	EN1	
300	1 x 300 on 4:30 Stroke Drills	REC	
5:27 PM 6,600 Yards - Stress Value = 75			

Workout #1653 - Monday, 17 December 2001

HighSchl - All

Workout #1654 - Monday, 17 December 2001

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM Start			
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{1 x 150 on 4:30 Kick	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN2	
900	1x{6 x 75 on 1:50 Pulls no br L.10 yds	EN1	
	{6 x 75 on 1:40 Pulls no br L.15 yds	EN1	
300	12 x 25 on :45 IM order-build	EN1	
1,000	1x{2 x 200 on 4:30 Freestyle	EN1	
	{2 x 150 on 3:15 Freestyle	EN1	
	{2 x 100 on 2:05 Freestyle	EN1	
	{2 x 50 on 1:00 Freestyle	EN1	
400	8 x 50 on 1:30 Stroke Drills	REC	
5:29 PM 4,280 Yards - Stress Value = 46			

Workout #1660 - Tuesday, 18 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 125 on 2:30 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	1x{2 x 300 on 4:00 Pulls	EN1	
	{2 x 300 on 3:55 Pulls	EN1	
	{2 x 300 on 3:50 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	1x{6 x 50 on 1:00 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke 100%	EN3	
	{6 x 50 on :55 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke 100%	EN3	
	{6 x 50 on :50 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke 100%	EN3	
	{6 x 50 on :45 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke 100%	EN3	
350	7 x 50 on 1:00 Stroke Drills	REC	
8:30 PM 6,430 Yards - Stress Value = 104			

Workout #1658 - Tuesday, 18 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
	1 on 25:00 Weights		L	D
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	F
	1x{2 x 200 on 3:00 Pulls	EN1	P	
	{2 x 200 on 2:55 Pulls	EN1	P	
	{2 x 200 on 2:50 Pulls	EN1	P	
	1x{2 x 300 on 4:30 Individual Medley	EN1	S	
	{6 x 50 on :45 Freestyle	EN1	S	
	{2 x 200 on 3:00 Individual Medley	EN1	S	
	{6 x 50 on :40 Freestyle	EN1	S	
	{2 x 100 on 1:30 Individual Medley	EN1	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
7:02 AM 4,000 Yards - Stress Value = 42				

Workout #1659 - Tuesday, 18 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:00 PM Start			
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{4 x 100 on 2:30 Kick	EN2	
	{3 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{1 x 125 on 2:15 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	1x{6 x 75 on 1:10 Pulls	EN1	
	{6 x 75 on 1:05 Pulls	EN1	
	{6 x 75 on 1:00 Pulls	EN1	
	1x{5 x 100 on 1:45 Freestyle-descend	EN1	
	{5 x 100 on 1:40 Freestyle-descend	EN1	
	{5 x 100 on 1:35 Freestyle-descend	EN1	
	{5 x 100 on 1:30 Freestyle-descend	EN1	
	8x{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :30 #2 stroke	EN1	
300	1 x 300 on 4:30 Stroke Drills	REC	
8:29 PM 6,400 Yards - Stress Value = 73			

Workout #1661 - Wednesday, 19 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 AM Start				
	1 on 25:00 Weights		L	DRY
400	1 x 400 on 6:00 Choice	REC	S	CHO
300	12 x 25 on :30 Berzerks	SP3	S	FLY
	1x{2 x 125 on 2:00 Pulls	EN1	P	FR
	{2 x 150 on 2:15 Pulls	EN1	P	FR
	{2 x 200 on 2:50 Pulls	EN1	P	FR
	{2 x 250 on 3:30 Pulls	EN1	P	FR
	1x{6 x 50 on :50 Freestyle	EN1	S	FR
	{6 x 50 on :45 Freestyle	EN1	S	FR
	{6 x 50 on :40 Freestyle	EN1	S	FR
	{6 x 25 on :30 Freestyle	EN1	S	FR
	{6 x 25 on :25 Freestyle	EN1	S	FR
	{6 x 25 on :20 Freestyle	EN1	S	FR
400	1 x 400 on 6:00 Stroke Drills	REC	D	CD
6:30 AM 3,900 Yards - Stress Value = 41				

Workout #1662 - Wednesday, 19 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 AM	Start		
500	1 x 500 on 7:30 Stroke Drills	REC	I
300	12 x 25 on :30 Berzerks	SP3	S
1x{5	5 x 50 on :45 Pulls	EN1	F
	{4 x 75 on 1:05 Pulls	EN1	F
	{3 x 100 on 1:30 Pulls	EN1	F
	{2 x 125 on 1:50 Pulls	EN1	F
	{1 x 150 on 2:15 Pulls	EN1	F
1x{1	1 x 100 on 1:45 Individual Medley	EN1	S
	{1 x 100 on 1:40 Individual Medley	EN1	S
	{1 x 100 on 1:35 Individual Medley	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN1	S
2x{1	1 x 100 on 1:10 Freestyle	EN2	S
	{2 x 50 on :45 Freestyle	EN1	S
	{1 x 200 on 2:20 Freestyle	EN2	S
	{4 x 50 on :45 Freestyle	EN1	S
	{1 x 300 on 3:30 Freestyle	EN2	S
	{6 x 50 on :45 Freestyle	EN1	S
500	20 x 25 on :30 Odds free evens strk	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:31 AM	5,550 Yards - Stress Value = 69		

Workout #1664 - Thursday, 20 December 2001

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:00 PM	Start		
	1 on 30:00 Dryland and stretch		
1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
500	1x{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
1,500	1x{4 x 150 on 2:10 Pulls	EN1	
	{3 x 150 on 2:00 Pulls	EN1	
	{2 x 150 on 1:50 Pulls	EN1	
	{1 x 150 on 1:40 Pulls	EN1	
2,000	1x{1 x 500 on 7:00 Freestyle	EN1	
	{2 x 250 on 3:30 Freestyle	EN1	
	{5 x 100 on 1:25 Freestyle	EN1	
	{10 x 50 on :45 Freestyle	EN1	
500	10x{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :30 #2 stroke	EN1	
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed	EN2	
500	5 x 100 on 2:00 Stroke Drills	REC	
8:26 PM	6,700 Yards - Stress Value = 69		

Workout #1663 - Thursday, 20 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
6:00 PM	Start			
400	1 x 400 on 8:00 Choice	REC	S	CHO
300	12 x 25 on :30 Berzerks	SP3	S	FR
1x{5	5 x 50 on 1:00 Pulls-nbbf&w	EN1	P	FR
	{5 x 50 on :55 Pulls-nbbf&w	EN1	P	FR
	{5 x 50 on :50 Pulls-nbbf&w	EN1	P	FR
	{5 x 50 on :45 Pulls-nbbf&w	EN1	P	FR
1x{1	1 x 200 on 3:00 Freestyle	EN1	S	FR
	{2 x 100 on 1:25 Freestyle	EN1	S	FR
	{4 x 50 on :40 Freestyle	EN1	S	FR
	{1 x 300 on 4:30 Freestyle	EN1	S	FR

{3 x 100 on 1:25 Freestyle	EN1	S	FR
{6 x 50 on :40 Freestyle	EN1	S	FR
{1 x 400 on 6:00 Freestyle	EN1	S	FR
{4 x 100 on 1:25 Freestyle	EN1	S	FR
{8 x 50 on :40 Freestyle	EN1	S	FR
1 x 250 on 5:00 Stroke Drills	REC	D	CD
7:20 PM	4,650 Yards - Stress Value = 47		

Workout #1665 - Friday, 21 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WOF
3:00 PM	Start		
	1 on 15:00 Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1x{4	4 x 50 on 1:40 Kick	EN2	
	{4 x 50 on 1:30 Kick	EN2	
	{4 x 50 on 1:20 Kick	EN2	
2x{1	1 x 200 on 5:00 Pulls	EN1	
	{1 x 150 on 3:30 Pulls	EN1	
	{1 x 100 on 2:10 Pulls	EN1	
200	8 x 25 on :45 Freestyle	EN1	
1x{4	4 x 100 on 2:15 Freestyle	EN2	
	{3 x 100 on 2:10 Freestyle	EN2	
	{2 x 100 on 2:05 Freestyle	EN2	
	{1 x 100 on 2:00 Freestyle	EN2	
	1 on 15:00 Run the quantlet		
4:58 PM	3,280 Yards - Stress Value = 50		

Workout #1666 - Friday, 21 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WORK
6:00 PM	Start		
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1x{3	3 x 75 on 1:35 Kick	EN2	K
	{3 x 75 on 1:30 Kick	EN2	K
	{3 x 75 on 1:25 Kick	EN2	K
	{3 x 75 on 1:20 Kick	EN2	K
1,200	12 x 100 on 1:25 Lungbuster pulls	EN1	P
	odds br 3-5-7-9		
	evens br 2-4-6-8		
2x{1	1 x 200 on 3:20 Backstroke	EN1	S
	{4 x 50 on 1:05 Backstroke-descend	EN1	S
	{1 x 150 on 2:30 Backstroke	EN1	S
	{4 x 50 on 1:00 Backstroke-descend	EN1	S
	{1 x 100 on 1:40 Backstroke	EN1	S
	{4 x 50 on :50 Backstroke-descend	EN1	S
10x{1	1 x 25 on :30 Freestyle	EN1	S
	{1 x 25 on :20 Freestyle	EN2	S
450	9 x 50 on 1:00 Stroke Drills	REC	D
8:30 PM	6,130 Yards - Stress Value = 63		

Workout #1667 - Wednesday, 26 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
800	1 on 30:00 Stomach and Stretch		L I
180	1 x 800 on 15:00 Swim-kick-pull-swim	REC	D
	12 x 15 on :30 Shooters	SP3	S E
4x	{1 x 100 on 2:00 Kick	EN1	K C
	{2 x 50 on 1:15 Kick w/out a board	EN1	K C
2x	{1 x 50 on :45 Pulls	EN1	K C
	{1 x 100 on 1:30 Pulls	EN1	K C
	{1 x 150 on 2:15 Pulls	EN1	K C
	{1 x 200 on 3:00 Pulls	EN1	K C
	1 on 10:00 Techniques-relay str		
4x	{1 x 100 on 1:45 Individual Medley	EN1	K C
	{4 x 25 on :30 Stroke	EN1	K C
	{1 x 100 on 1:45 Stroke Drills	REC	D
9:00 AM	3,980 Yards - Stress Value = 33		

Yards	Set Description	EGY	WOF
800	1 on 40:00 Weights and stretch		L I
300	1 x 800 on 15:00 Reverse IM drill	REC	D
1,000	12 x 25 on :30 Berzerks	SP3	S E
	2x{1 x 100 on 2:00 Kick	EN2	K C
	{1 x 100 on 1:55 Kick	EN2	K C
	{1 x 100 on 1:50 Kick	EN2	K C
	{1 x 100 on 1:45 Kick	EN2	K C
	{1 x 100 on 1:40 Kick	EN2	K C
2,400	1x{3 x 400 on 5:30 Pulls	EN1	P
	{2 x 400 on 5:15 Pulls	EN1	P
	{1 x 400 on 5:00 Pulls	EN1	P
300	3 x 100 on 1:40 Individual Medley	EN1	S
2,000	20 x 100 on 1:10 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	9:30 AM 7,000 Yards - Stress Value = 99		

Workout #1674 - Thursday, 27 December 2001

HighSchl - All

1 minute rest between sets

Workout #1668 - Wednesday, 26 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
11:30 AM	Start		
600	1 on 15:00 Stretch		L
300	1 x 600 on 12:00 Choice	REC	S C
	12 x 25 on :40 Berzerks	SP3	S C
1x	{1 x 300 on 6:00 Kick	EN1	K C
	{1 x 300 on 4:30 Pulls	EN1	P
	{1 x 300 on 5:00 Individual Medley	EN1	S
75	3 x 25 on 1:30 Off the blocks	EN1	S C
300	1 x 300 on 5:00 Stroke Drills	REC	D
	1 on 9:00 Techniques-Choice		D C
12:44 PM	2,175 Yards - Stress Value = 22		

Yards	Set Description	EGY	WOF
2:00 PM	Start		
600	1 on 30:00 Stomach and Stretch		L I
180	1 x 600 on 11:00 Swim-kick-pull-swim	REC	D
	12 x 15 on :30 Shooters	SP3	S E
	1x{6 x 75 on 1:10 Pulls no br L.5 yds	EN1	K C
	{6 x 75 on 1:05 Pulls no br L.10 yds	EN1	K C
	{6 x 75 on 1:00 Pulls no br L.15 yds	EN1	K C
	1x{2 x 200 on 2:45 Freestyle	EN1	K C
	{5 x 50 on :35 Freestyle	EN2	K C
	{3 x 175 on 2:20 Freestyle	EN2	K C
	{4 x 75 on :55 Freestyle	EN2	K C
	{4 x 150 on 1:55 Freestyle	EN2	K C
	{3 x 100 on 1:15 Freestyle	EN2	K C
	{5 x 125 on 1:35 Freestyle	EN2	K C
500	10 x 50 on 1:00 Stroke Drills	REC	D
4:00 PM	5,630 Yards - Stress Value = 74		

Workout #1671 - Thursday, 27 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
11:00 AM	Start		
800	1 on 30:00 Stomach and Stretch		L I
300	1 x 800 on 15:00 Stroke Drills	REC	D C
1,000	12 x 25 on :30 Berzerks	SP3	S E
	2x{1 x 100 on 2:00 Kick	EN2	K C
	{1 x 100 on 1:55 Kick	EN2	K C
	{1 x 100 on 1:50 Kick	EN2	K C
	{1 x 100 on 1:45 Kick	EN2	K C
	{1 x 100 on 1:40 Kick	EN2	K C
1,500	1x{2 x 350 on 5:15 Pulls	EN1	P
	{2 x 250 on 3:30 Pulls	EN1	P
	{2 x 150 on 2:00 Pulls	EN1	P
600	1x{2 x 100 on 1:45 Individual Medley	EN1	S
	{2 x 100 on 1:40 Individual Medley	EN1	S
	{2 x 100 on 1:35 Individual Medley	EN1	S
2,400	1x{8 x 100 on 1:20 Freestyle	EN2	S
	{8 x 100 on 1:15 Freestyle	EN2	S
	{8 x 100 on 1:10 Freestyle	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
1:26 PM	7,000 Yards - Stress Value = 101		

Workout #1670 - Thursday, 27 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
600	1 on 30:00 Stomach and Stretch		L I
180	1 x 600 on 15:00 Swim-kick-pull-swim	REC	D
	12 x 15 on :30 Shooters	SP3	S E
	3x{1 x 100 on 3:00 Kick	EN2	K C
	{1 x 75 on 2:15 Kick	EN2	K C
	{1 x 50 on 1:30 Kick	EN2	K C
	{1 x 25 on :45 Kick	EN2	K C
	1x{4 x 50 on 1:30 Pulls-nbbf&w	EN1	K C
	{3 x 50 on 1:25 Pulls-nbbf&w	EN1	K C
	{2 x 50 on 1:20 Pulls-nbbf&w	EN1	K C
	{1 x 50 on 1:15 Pulls-nbbf&w	EN1	K C
150	6 x 25 on :45 Freestyle	EN1	S
	1x{5 x 75 on 2:30 Freestyle	EN3	S
	{4 x 75 on 2:35 Freestyle	EN3	S
	{3 x 75 on 2:40 Freestyle	EN3	S
	{2 x 75 on 2:45 Freestyle	EN3	S
	{1 x 75 on 2:50 Freestyle	EN3	S
300	6 x 50 on 1:30 Stroke Drills	REC	D
9:29 AM	3,605 Yards - Stress Value = 96		

Workout #1669 - Thursday, 27 December 2001

HighSchl - All

1 minute rest between sets

7:00 AM Start

Workout #1672 - Thursday, 27 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
1:00 PM Start				
	1 on 30:00 Stomach and Stretch			I
300	3x{1 x 200 on 3:30 Reverse IM drill	REC	I	
	{1 x 50 on :50 Freestyle	EN1	S	
	{1 x 50 on :45 Freestyle	EN1	S	
	{1 x 50 on :40 Freestyle	EN1	S	
300	12 x 25 on :30 Berzerks	SP3	S	
	1x{2 x 125 on 2:30 Kick	EN2	F	
	{4 x 25 on :45 Kick under water	EN2	F	
	{2 x 125 on 2:20 Kick	EN2	F	
	{4 x 25 on :45 Kick under water	EN2	F	
	{2 x 125 on 2:10 Kick	EN2	F	
	{4 x 25 on :45 Kick under water	EN2	F	
	1x{2 x 200 on 2:45 Pulls	EN1	F	
	{2 x 175 on 2:20 Pulls	EN1	F	
	{2 x 150 on 1:55 Pulls	EN1	F	
	{2 x 125 on 1:30 Pulls	EN1	F	
400	1 x 400 on 7:00 Individual Medley	EN1	S	
	2x{3 x 125 on 2:30 Breast 1st 25 under	EN2	S	
	{3 x 100 on 1:50 Breast 1st 25 under	EN2	S	
	{3 x 75 on 1:15 Breast 1st 25 under	EN2	S	
	{3 x 50 on :45 Breast 1st 25 under	EN2	S	
	{1 on :40 Rest			M
200	1 x 200 on 3:00 Stroke Drills	REC	I	
3:30 PM 6,400 Yards - Stress Value = 98				

Workout #1673 - Thursday, 27 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
1:00 PM Start				
400	1 x 400 on 7:00 Reverse IM drill	REC	D	I
300	12 x 25 on :30 Berzerks	SP3	S	F
	1x{3 x 100 on 1:30 Pulls	EN1	P	F
	{3 x 100 on 1:25 Pulls	EN1	P	F
	{3 x 100 on 1:20 Pulls	EN1	P	F
	{3 x 75 on 1:10 Pulls	EN1	P	F
	{3 x 75 on 1:05 Pulls	EN1	P	F
	{2 x 75 on 1:00 Pulls	EN1	P	F
	1x{1 x 200 on 3:00 Last 50 fast	EN1	S	F
	{1 x 200 on 3:00 Last 100 fast	EN2	S	F
	{1 x 200 on 3:00 Last 150 fast	EN2	S	F
	{1 x 200 on 3:00 All fast	EN2	S	F
	3x{1 x 150 on 2:00 Freestyle	EN2	S	F
	{1 x 150 on 1:50 Freestyle	EN2	S	F
	{1 x 150 on 1:40 Freestyle	EN2	S	F
	{6 x 50 on :45 Freestyle	EN1	S	F
400	8 x 50 on 1:00 Stroke Drills	REC	D	C
2:30 PM 5,650 Yards - Stress Value = 77				

Workout #1680 - Friday, 28 December 2001

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
11:00 AM Start				
	1 on 30:00 Stomach and Stretch			L I
800	8 x 100 on 2:00 Stroke Drills	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
	1 on 15:00 Techniques-Stanford	SP3	S	
800	1 x 800 on 16:00 Vertical Kicking	EN2	K	C
	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	P	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	P	

	{5 x 50 on :45 Pulls-nbbf&w	EN1	P	
	1x{2 x 100 on 1:30 Freestyle	EN1	S	
	{2 x 100 on 1:25 Freestyle	EN1	S	
	{2 x 100 on 1:20 Freestyle	EN1	S	
	1x{4 x 25 on :25 Butterfly	EN2	S F	
	{4 x 100 on 1:30 Individual Medley	EN1	S	
	{4 x 25 on :20 Backstroke	EN2	S	
	{4 x 100 on 1:25 Individual Medley	EN2	S	
	{4 x 25 on :30 Breaststroke	EN2	S	
	{4 x 100 on 1:20 Individual Medley	EN2	S	
	{4 x 25 on :15 Freestyle	EN2	S	
	{4 x 100 on 1:15 Individual Medley	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
1:30 PM 5,800 Yards - Stress Value = 78				

Workout #1677 - Friday, 28 December 2001

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	6x{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
1,500	1x{4 x 125 on 2:50 Pulls	EN1	
	{4 x 125 on 2:45 Pulls	EN1	
	{4 x 125 on 2:40 Pulls	EN1	
250	10 x 25 on :30 Butterfly	EN1	
1,000	1x{6 x 50 on 1:00 Breaststroke	EN1	
	{5 x 50 on :55 Breaststroke	EN1	
	{4 x 50 on :50 Breaststroke	EN2	
	{3 x 50 on :45 Breaststroke	EN2	
	{2 x 50 on :40 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:30 AM 5,130 Yards - Stress Value = 62			

Workout #1678 - Friday, 28 December 2001

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
7:00 AM Start				
	1 on 40:00 Dryland and stretch			L I
1,000	1 x 1000 on 16:00 Choice	REC	S	
800	4x{1 x 50 on :45 1st 12yds fast	SP3	S	
	{1 x 50 on :45 2nd 12yds fast	REC	S	
	{1 x 50 on :45 3rd 12yds fast	REC	S	
	{1 x 50 on :45 4th 12yds fast	REC	S	
500	1x{1 x 125 on 2:30 Kick	EN2	K	C
	{1 x 125 on 2:25 Kick	EN2	K	C
	{1 x 125 on 2:20 Kick	EN2	K	C
	{1 x 125 on 2:15 Kick	EN2	K	C
2,000	1x{2 x 500 on 7:00 Pulls	EN1	P	
	{2 x 500 on 6:30 Pulls	EN1	P	
600	6 x 100 on 1:30 Freestyle-descend	EN1	S	
1,800	1x{3 x 200 on 2:20 Freestyle	EN2	S	
	{3 x 200 on 2:15 Freestyle	EN2	S	
	{3 x 200 on 2:10 Freestyle	EN2	S	
450	9 x 50 on 1:00 Stroke Drills	REC	D	
9:30 AM 7,150 Yards - Stress Value = 78				

Workout #1679 - Friday, 28 December 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM Start			
=====	=====	====	====
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 15:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,250	1x{4 x 150 on 3:00 Kick w/out a board	EN2	
	{3 x 125 on 2:30 Kick w/out a board	EN2	
	{2 x 100 on 2:00 Kick w/out a board	EN2	
	{1 x 75 on 1:30 Kick w/out a board	EN2	
1,200	3x{1 x 100 on 1:35 Lungbuster pulls	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
	{1 x 100 on 1:25 Lungbuster pulls	EN1	
	{1 x 100 on 1:20 Lungbuster pulls	EN1	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
300	6 x 50 on :45 Freestyle	EN1	
1,500	1x{4 x 150 on 2:40 Your Stroke w/ zmmrs	EN1	
	{3 x 150 on 2:35 Your Stroke w/ zmmrs	EN1	
	{2 x 150 on 2:30 Your Stroke w/ zmmrs	EN1	
	{1 x 150 on 2:25 Your Stroke w/ zmmrs	EN1	
450	9 x 50 on 1:00 Stroke Drills	REC	
	9:30 AM 5,680 Yards - Stress Value = 63		

{1 x 75 on 1:10 Freestyle	EN1
{1 x 75 on 1:10 Butterfly	EN2
{1 x 75 on 1:05 Freestyle	EN1
{1 x 75 on 1:05 Butterfly	EN2
1x{1 x 200 on 3:00 Freestyle	EN1
{1 x 200 on 4:00 Butterfly	EN2
450 9 x 50 on 1:00 Stroke Drills	REC
3:30 PM 5,930 Yards - Stress Value = 68	

Workout #1676 - Friday, 28 December 2001

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM Start			
=====	=====	====	====
	1 on 40:00 Dryland and stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-stanford		
800	2x{2 x 100 on 2:30 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{ odds fast		
750	1x{5 x 75 on 1:40 Pulls-nbbf&w	EN1	
	{5 x 75 on 1:35 Pulls-nbbf&w	EN1	
300	6 x 50 on 1:00 Freestyle-des in 3's	EN1	
1,500	1x{4 x 150 on 3:00 Freestyle	EN1	
	{3 x 150 on 2:55 Freestyle	EN2	
	{2 x 150 on 2:50 Freestyle	EN2	
	{1 x 150 on 2:45 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	9:31 AM 4,330 Yards - Stress Value = 58		

Workout #1682 - Friday, 28 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WC
2:00 PM Start			
=====	=====	====	==
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{3 x 100 on 2:00 Kick	EN2	
	{4 x 125 on 2:20 Kick	EN2	
	1x{2 x 250 on 3:30 Pulls	EN1	
	{2 x 250 on 3:25 Pulls	EN1	
	{2 x 250 on 3:20 Pulls	EN1	
10x	{1 x 100 on 1:15 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	REC	
300	1 x 300 on 5:00 Stroke Drills	REC	
	4:01 PM 5,500 Yards - Stress Value = 73		

Workout #1675 - Friday, 28 December 2001

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
7:00 AM Start			
=====	=====	====	====
	1 on 40:00 Dryland and stretch		I
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	S
	1 on 10:00 Techniques-starts		I
180	12 x 15 on :30 Shooters	SP3	S
1,200	1x{4 x 100 on 1:30 Kick with flippers	EN2	F
	{4 x 100 on 1:25 Kick with flippers	EN2	F
	{4 x 100 on 1:20 Kick with flippers	EN2	F
600	12 x 50 on :50 Pulls-nbbf&w	EN1	F
300	12 x 25 on :30 IM order-build	EN1	S
1,875	1x{3 x 125 on 2:10 Freestyle-descend	EN1	S
	{3 x 125 on 2:05 Freestyle-descend	EN1	S
	{3 x 125 on 2:00 Freestyle-descend	EN1	S
	{3 x 125 on 1:55 Freestyle-descend	EN1	S
	{3 x 125 on 1:50 Freestyle-descend	EN1	S
375	15 x 25 on :30 Stroke Drills	REC	I
	9:29 AM 5,330 Yards - Stress Value = 60		

Workout #1681 - Friday, 28 December 2001

HighSchl - Boys

1 minute rest between sets

Yards	Set Description	EGY	WOF
1:00 PM Start			
=====	=====	====	====
	1 on 30:00 Stomach and Stretch		
600	12 x 50 on 1:00 Stroke Drills 3 on E	REC	
	1 on 10:00 Techniques-Stanford		
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:10 Kick	EN2	
	{2 x 125 on 2:00 Kick	EN2	
	1x{3 x 200 on 3:00 Pulls	EN1	
	{2 x 200 on 2:45 Pulls	EN1	
	{1 x 200 on 2:30 Pulls	EN1	
	1x{1 x 300 on 5:00 6strk fr 6 strk back	EN1	
	{ 6 strk fly 6 strk br		
	3x{1 x 75 on 1:20 Freestyle	EN1	
	{1 x 75 on 1:20 Butterfly	EN1	
	{1 x 75 on 1:15 Freestyle	EN1	
	{1 x 75 on 1:15 Butterfly	EN1	

Workout #1684 - Saturday, 29 December 2001

Group 3 - All

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Reverse IM drill	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,000	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
1,350	1x{4 x 150 on 2:20 Pulls mid 50 br ev 9	EN1	
	{3 x 150 on 2:15 Pulls mid 50 br ev10	EN1	
	{2 x 150 on 2:10 Pulls mid 50 br ev11	EN1	
450	9 x 50 on :45 Freestyle	EN1	
3,100	1x{5 x 75 on 1:05 Freestyle	EN2	
	{5 x 75 on 1:00 Freestyle	EN2	
	{5 x 75 on :55 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 75 on 1:00 Freestyle	EN2	
	{4 x 75 on :55 Freestyle	EN2	
	{4 x 75 on :50 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{3 x 75 on :55 Freestyle	EN2	
	{3 x 75 on :50 Freestyle	EN2	
	{3 x 75 on :45 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	

1:31 PM 7,250 Yards - Stress Value = 103

Workout #1683 - Saturday, 29 December 2001

HighSchl - All

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Weights		
800	1 x 800 on 15:00 Reverse IM drill	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,000	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
1,350	1x{4 x 150 on 2:20 Pulls mid 50 br ev 9	EN1	
	{3 x 150 on 2:15 Pulls mid 50 br ev10	EN1	
	{2 x 150 on 2:10 Pulls mid 50 br ev11	EN1	
450	9 x 50 on :45 Freestyle	EN1	
3,100	1x{5 x 75 on 1:05 Freestyle	EN2	
	{5 x 75 on 1:00 Freestyle	EN2	
	{5 x 75 on :55 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{4 x 75 on 1:00 Freestyle	EN2	
	{4 x 75 on :55 Freestyle	EN2	
	{4 x 75 on :50 Freestyle	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	{3 x 75 on :55 Freestyle	EN2	
	{3 x 75 on :50 Freestyle	EN2	
	{3 x 75 on :45 Freestyle	EN2	
450	9 x 50 on 1:00 Stroke Drills	REC	

9:30 AM 7,450 Yards - Stress Value = 103

Workout #1689 - Monday, 31 December 2001

Group 3 - All

1 minute rest between sets

11:00 AM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		I
800	1x{1 x 200 on 4:00 Swim-kick-pull-swim	REC	S

	{1 x 200 on 3:45 Swim-kick-pull-swim	REC	S
	{1 x 200 on 3:30 Swim-kick-pull-swim	REC	S
	{1 x 200 on 3:15 Swim-kick-pull-swim	REC	S
300	12 x 25 on :30 Berzerks	SP3	S
900	3x{1 x 150 on 3:00 Kick	EN2	F
	{1 x 100 on 2:00 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	F
100	1 x 100 on 2:00 Kick for time	EN2	F
1,350	1x{6 x 75 on 1:10 Pulls	EN1	F
	{6 x 75 on 1:05 Pulls	EN1	F
	{6 x 75 on 1:00 Pulls	EN1	F
400	4 x 100 on 1:45 Individual Medley	EN1	S
3,300	1x{1 x 500 on 6:30 Freestyle	EN2	S
	{3 x 200 on 2:25 Freestyle	EN2	S
	{1 x 500 on 6:20 Freestyle	EN2	S
	{3 x 200 on 2:20 Freestyle	EN2	S
	{1 x 500 on 6:10 Freestyle	EN2	S
	{3 x 200 on 2:15 Freestyle	EN2	S
300	1 x 300 on 5:00 Stroke Drills	REC	I

1:30 PM 7,450 Yards - Stress Value = 114

Workout #1688 - Monday, 31 December 2001

HighSchl - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	6x{1 x 100 on 1:45 Kick	EN2	
	{1 x 50 on 1:15 Kick 100%	EN2	
900	12 x 75 on 1:45 Pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
1,750	2x{1 x 200 on 4:00 Breaststroke	EN1	
	{1 x 175 on 3:15 Breaststroke	EN1	
	{1 x 150 on 2:40 Breaststroke	EN2	
	{1 x 125 on 2:10 Breaststroke	EN2	
	{1 x 100 on 1:40 Breaststroke	EN2	
	{1 x 75 on 1:10 Breaststroke	EN2	
	{1 x 50 on :45 Breaststroke	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	

9:30 AM 5,230 Yards - Stress Value = 66

Workout #1690 - Monday, 31 December 2001

HighSchl - Distance

1 minute rest between sets

1:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Dryland and stretch		L	DRY
800	1 x 800 on 13:00 Stroke Drills	REC	D	FR
180	12 x 15 on :30 Shooters	SP3	S	FR
2,400	1x{2 x 400 on 5:30 Pulls	EN1	P	FR
	{2 x 400 on 5:15 Pulls	EN1	P	FR
	{2 x 400 on 5:00 Pulls	EN1	P	FR
	{ all with paddles			
400	8 x 50 on :50 25 free 25 fly	EN1	S	CMB
3,000	1x{1 x 500 on 6:30 Freestyle	EN2	S	FR
	{2 x 250 on 3:15 Freestyle	EN2	S	FR
	{1 x 500 on 6:15 Freestyle	EN2	S	FR
	{2 x 250 on 3:05 Freestyle	EN2	S	FR
	{1 x 500 on 6:00 Freestyle	EN2	S	FR
	{2 x 250 on 3:00 Freestyle	EN2	S	FR
450	9 x 50 on 1:00 Stroke Drills	REC	D	CD

3:30 PM 7,230 Yards - Stress Value = 95

Workout #1687 - Monday, 31 December 2001

HighSchl - Fly & Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
800	1 on 40:00 Dryland and stretch	REC	L
800	4 x 200 on 3:30 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,200	1x{4 x 100 on 1:40 Kick with flippers	EN2	K
	{4 x 100 on 1:35 Kick with flippers	EN2	K
	{4 x 100 on 1:30 Kick with flippers	EN2	K
1,200	12 x 100 on 1:30 Pulls-nbbf&w	EN1	P
300	12 x 25 on :30 IM order-build	EN1	S
2,000	4x{1 x 100 on 1:30 Your Stroke	EN2	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 75 on 1:05 Your Stroke	EN2	S
	{1 x 75 on 1:05 Freestyle	EN1	S
	{1 x 50 on :45 Your Stroke	EN2	S
	{1 x 50 on :45 Freestyle	EN1	S
	{1 x 25 on :20 Your Stroke	EN2	S
	{1 x 25 on :20 Freestyle	EN2	S
500	4 x 125 on 1:50 100 free 25 stroke	EN2	S
	descend		
200	1 x 200 on 3:00 Stroke Drills	REC	D
9:31 AM 6,380 Yards - Stress Value = 87			

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
800	1 on 40:00 Dryland and stretch		
	1x{1 x 200 on 4:00 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:45 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:30 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:15 Swim-kick-pull-swim	REC	
200	10 x 20 on :45 Run and dive	SP3	
1,000	10x{1 x 50 on :45 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN1	
1,350	1x{6 x 75 on 1:15 Pulls	EN1	
	{6 x 75 on 1:10 Pulls	EN1	
	{6 x 75 on 1:05 Pulls	EN1	
	{ no breath last 25yds		
1,600	8x{1 x 50 on 1:00 Freestyle	EN1	
	{1 x 50 on :50 Freestyle	EN1	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 50 on :30 Freestyle	EN2	
500	20 x 25 on :30 Freestyle	EN1	
	evens 100% effort		
300	1 x 300 on 5:00 Stroke Drills	REC	
9:29 AM 5,750 Yards - Stress Value = 64			

Workout #1691 - Monday, 31 December 2001

HighSchl - All

1 minute rest between sets

Yards	Set Description	EGY	WOF
600	1 on 30:00 Stomach and Stretch		
300	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
	12 x 25 on :30 Berzerks	SP3	
	1x{6 x 75 on 1:30 Kick	EN2	
	{6 x 75 on 1:20 Kick	EN2	
	1x{3 x 125 on 1:45 Pulls	EN1	
	{3 x 125 on 1:40 Pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
1,800	12 x 150 on 2:15 Free des in 3's	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
4:00 PM 5,050 Yards - Stress Value = 78			

Workout #1685 - Monday, 31 December 2001

HighSchl - Rookies

1 minute rest between sets

Yards	Set Description	EGY	WOF
800	1 on 40:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	1x{6 x 50 on 1:20 Kick	EN2	
	{6 x 50 on 1:10 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
2,000	2x{1 x 400 on 7:30 Pulls	EN1	
	{1 x 300 on 5:30 Pulls	EN1	
	{1 x 200 on 3:35 Pulls	EN1	
	{1 x 100 on 1:45 Pulls	EN1	
800	1x{8 x 25 on :45 Freestyle	EN1	
	{8 x 25 on :35 Freestyle	EN1	
	{8 x 25 on :30 Freestyle	EN1	
	{8 x 25 on :25 Freestyle	EN2	
300	6 x 50 on 1:20 Stroke Drills	REC	
9:31 AM 4,980 Yards - Stress Value = 55			

Workout #1686 - Monday, 31 December 2001